

express

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Tuesday



Olmert is under fire for Israel's war in Lebanon.

Angry Israel: Olmert tries to defuse unrest over war | **8**

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Yankees Sweep: New York completes 5-game massacre in Boston | **21**

ENTERTAINMENT

Tune In:

Danny Bonaduce goes through hell for your viewing pleasure. Also, Los Lonely Boys.

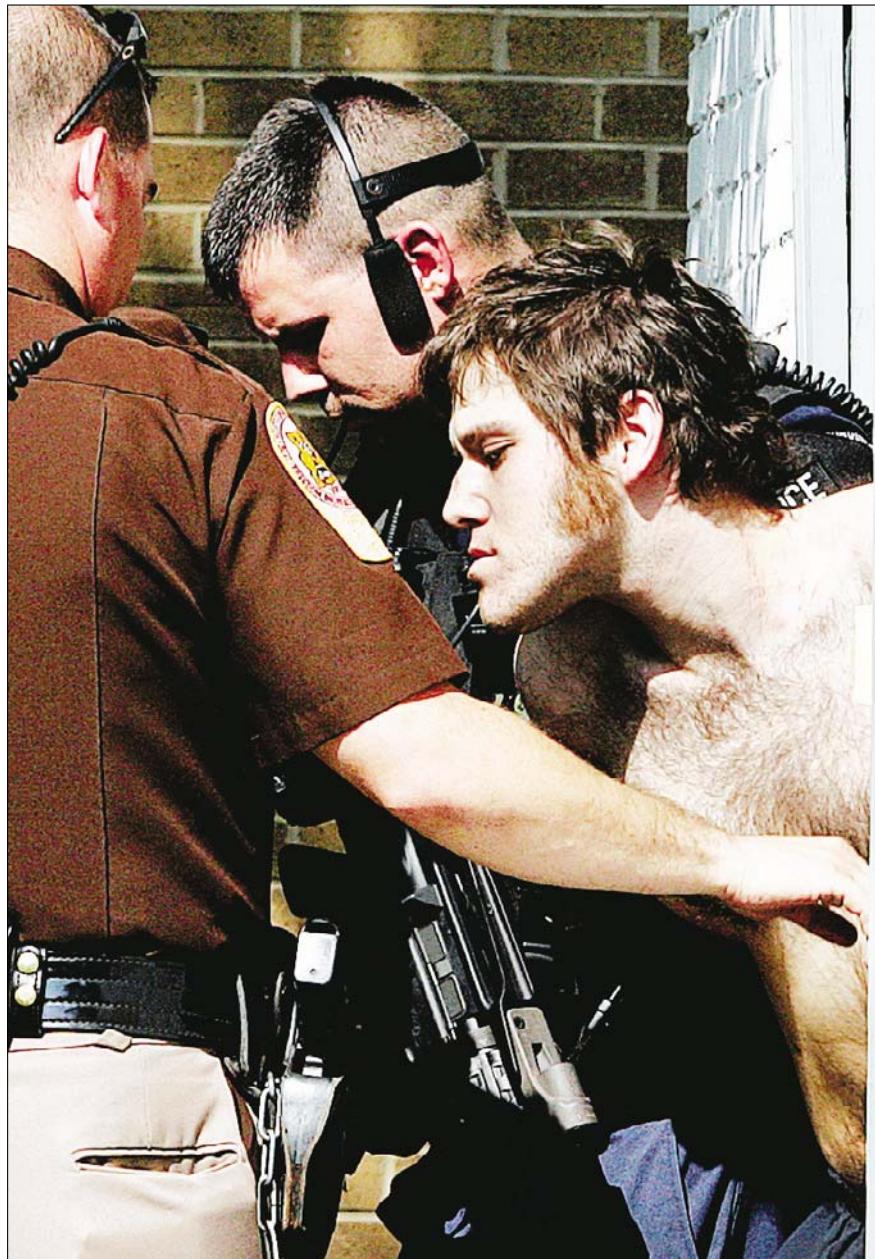
>> **13-16**



Weather >> Sunny, Warm



FULL FORECAST ON PAGE 34

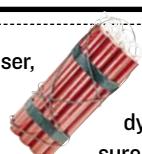


STEVE HELBER/AP

Suspected Killer Recaptured

UNDER ARREST: Escaped inmate William Morva is escorted out of the Montgomery County magistrate's office Monday in Christiansburg, Va. Morva is suspected in the deaths of a hospital guard and a sheriff's deputy Monday near Virginia Tech, which canceled classes on the first day of school as police swarmed the campus hunting for Morva. ♦ **'Scary':** Students eye return to normalcy | **Page II**

YARD SALES | Flee Market A bomb squad was sent to a Weiser, Idaho, yard sale on Sunday after a bag of dynamite and blasting caps were found among the items there. After the discovery, police and fire officials evacuated the neighborhood while the bomb



squad was sent in. Officials said the dynamite was from the 1940s — its age making it very unstable. The bomb squad destroyed the dynamite by setting it on fire, with the fire department on hand to make sure everything was all under control. (AP) **EyeOpeners** | **Page 2**

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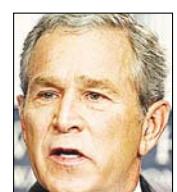
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Bush: No Retreat From Iraq

President recommits to war but admits U.S. is frustrated

WASHINGTON | President Bush said Monday the Iraq war is "straining the psyche of our country" but leaving now would be a disaster.

Bush served notice at a news conference that he would not change course or flinch from debate about the unpopular war as he campaigns for Republicans in the fall congressional elections. In fact, he suggested that national security and the economy should be the top political issues, and criticized the Democrats' approach on both.



Bush

Many Democrats want to leave Iraq "before the job is done," Bush said. "I can't tell you exactly when it's going to be done," he said, but "if we ever give up the desire to help people who live in freedom, we will have lost our soul as a nation, as far as I'm concerned."

Now in its fourth year, the war has taken a toll — more than 2,600 Americans have died and many more Iraqis have been killed. Last month alone, about 3,500 Iraqis died violently, the highest monthly civilian toll so far. Bush's approval rating has slumped to the lowest point of his presidency, and Republicans are concerned that they could lose control of Congress because of voters' unhappiness.

Bush said he was frustrated by the war at times. "War is not a time of joy," he said. "These are challenging times, and they're difficult times, and they're straining the psyche of our country." **TERENCE HUNT (AP)**

eyeOpeners

REPORTING

Next Question: Can I Get Your Autograph?

Ryan Leli loves the Mets. The Suffolk County, N.Y., teenager loved the Mets so much that authorities say he posed as a reporter to get into Shea Stadium and talk with players. Police arrested the 18-year-old Leli on Friday at Shea just before the start of the New York Mets-Colorado Rockies game and charged him with impersonating a journalist. Prosecutors say Leli told New York Mets management that he worked for NBC Universal and showed a fake NBC employee identification card so he could get press credentials. Leli first used the press pass to attend an Aug. 10 game between the Mets and the San Diego Padres. (AP)



MISSION ACCOMPLISHED For Trying to Get Into Jail, You'll Go to Jail

An ex-con in Vienna was caught last week committing a break-in — at the same prison where he had just spent two years, the Australian reported. Detlef Federsohn had been released from Josefstadt prison after doing time there for theft when police responded to the jail after reports of someone on the roof. Officials thought there may have been a prison break in process, but it turned out to be Federsohn, trying to sneak back in. "Life is so much easier on the inside. They feed you, do your washing and let you watch TV, which I can tell you is a lot more than my mum does," Federsohn said. (EXPRESS)



DENIS TROY/AP

SURFING

Water-Dogged

The dog days of summer came to Imperial Beach, Calif., on Sunday with the Surf Dog Small Wave Competition, the perfect opportunity to put your pooch on a surfboard and watch it desperately try to stay balanced and not be swept off. After a little practice — such as Kobe here, getting a little how-to (read: being pushed into a wave) from owner Teevan McManus — more than 30 dogs competed, being judged on style, poise and length of ride. (EXPRESS)



Before you decide to wake a student, make sure to have your lawyer present.

LITIGATION

You Snooze, You Sue

A Shandong, China, student is suing his teacher claiming mental distress after being punished for sleeping in class, China Daily reported. Four months ago, Xiaodong fell asleep during class and was awakened by his teacher, Wang; when Xiaodong fell asleep again a few minutes later, Wang made the student stand in the corner of the room as punishment. He refused, walked out of class and went home. (EXPRESS)

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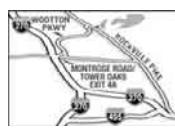
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"If I were a candidate ... I'd say, 'Look at what the economy has done.'"

—President Bush, on advice he would give to GOP candidates. Recent polls show only 37 percent of voters approve of Bush's handling of the economy, while his overall approval hovers at 33 percent.



Nation

In Brief

CASPER, WYO.

Crews Battle Last Remnants Of Wildfires After Evacuation

The last evacuation orders have been lifted for hundreds of residents, and firefighters were being sent home Monday after reaching 85 percent containment of a wildfire south of Casper. The fire had covered more than 11,700 acres, or about 18 square miles, since lightning started it Aug. 14. Hundreds of homes were evacuated last week on Casper Mountain, in central Wyoming about five miles south of Casper. (AP)

MEMPHIS, TENN.

County Official Enters Guilty Plea After Corruption Sting

A county official pleaded guilty to bribery Monday in a public corruption investigation that has also led to the arrests of several state lawmakers. Shelby County Commissioner Michael Hooks Sr. was accused of taking \$24,000 in payoffs from FBI agents posing as businessmen seeking a contract with the county government. He pleaded guilty on the day his trial was to start, admitting that he took a bribe during the sting operation. (AP)

Proof of Dark Matter

→ After studying data from long-ago collisions of galaxies, scientists say they are certain dark matter, a mysterious subatomic substance, exists. | **Today, A Section**

IN The Washington Post

JonBenet's Town Back in Spotlight

Boulder prepares for more scrutiny as Karr awaits extradition

BOULDER, COLO. | Just when they thought the media spotlight had faded on the slaying of JonBenet Ramsey, residents of this college town at the foot of the Rocky Mountains reacted to the latest glare with a heavy sigh: We've had enough attention, thank you. Please leave us alone.

That is unlikely to happen after the arrest of John Mark Karr, a school teacher who cryptically claimed to have been present when JonBenet Ramsey was killed in 1996.

The body of the 6-year-old beauty queen was found beaten and strangled in the wine cellar of the Ramsey family's 15-room house in a pricey Boulder neighborhood that now draws curious onlookers



READY FOR ACTION: Television trucks are lined up near the front of a courthouse in Boulder, Colo., on Monday in anticipation of a court hearing for John Mark Karr.

and news media.

Karr has said her death was an accident but offered no details.

the shuttered Ramsey house that has stood empty for years.

"It had all blown over. No one talked about it anymore. Now the reporters are back," Bond complained.

And downtown Boulder, with its long pedestrian mall and many high-end shops, "is a circus," said Bond, grumbling about the new swarm of journalists.

The case "is already a comedy of errors, and this just seems like another twist in a crazy saga," said Brandon Pelcher, 25, a worker at the Boulder Book Store. Karr arrived in Los Angeles late Sunday after a flight from Thailand, where he was arrested last week. He faces legal proceedings in California before he is sent to Boulder. Karr was put in a high-security, isolation area of Los Angeles County's Twin Towers, a jail that houses about 3,500 male inmates.

DEBORAH HASTINGS (AP)

"We're all sick of it," said 22-year-old Charles Bond, emptying a trash bin at a park just blocks from

Tampa Raid Nabs 39 Gang Suspects

TAMPA, FLA. | After a 14-month investigation, law enforcement officers raided a high-level meeting at a rented club and arrested every known leader of the violent Latin Kings gang in Florida, authorities said Monday.

The Sunday afternoon raid netted the arrests of 39 alleged gang leaders on charges of conspiracy to commit racketeering, Hillsborough County Sheriff David Gee said. The gang has



Law enforcement officials announce the arrests on Monday in Tampa, Fla.

been involved in major crimes ranging from drug dealing to attempted murder, Gee said.

Gee said the "extremely violent" gang has been active in the area for at least 20 years and may have ties to gangs in New York and Chicago. The Chicago Crime Commission now estimates that there are more than 20,000 Latin Kings in the Chicago area alone.

Those arrested Saturday appeared in court Monday morning, officials said. MITCH STACY (AP)

HEARSAY | RACES

"I will resume active campaigning only when I am certain that my daughter is OK and getting the help she needs."

—SENATE CANDIDATE KT MCFARLAND
THE HILLARY CLINTON CHALLENGER SUSPENDED HER CAMPAIGN AFTER HER TEEN DAUGHTER WAS ARRESTED FOR SHOPLIFTING



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The top speed, in miles per hour, a trap-jaw ant can clamp its mandibles shut, the fastest in the animal kingdom. Scientists used high-speed video cameras to capture the ant's bite.

Nation

Court Drops Padilla Charge

Judge tosses one count in indictment against terrorism suspect

MIAMI | A federal judge on Monday threw out one count in the terror indictment against alleged al-Qaeda operative Jose Padilla and his co-defendants, concluding that it repeated other charges in the same document.

U.S. District Judge Marcia Cooke's ruling leaves intact two other terror-related counts against Padilla and the others, alleging a conspiracy to provide material sup-

port to Islamic extremist causes worldwide. The count that was dropped charged a conspiracy to "murder, kidnap and maim persons in a foreign country."

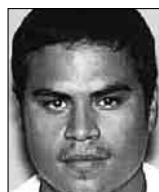
Cooke ruled that charge was unnecessary because the alleged illegal

acts were already covered by the other terror-related counts in the indictment. Prosecuting all three charges, she said, would violate the Constitution's ban against double

jeopardy, or prosecution of the same charges twice.

Padilla, 35, is a U.S. citizen and former Chicago gang member who was held without charges for 3½ years by the U.S. military as an enemy combatant. He was arrested in May 2002 at Chicago's O'Hare International Airport, purportedly on an al-Qaeda mission to detonate a radioactive "dirty bomb" in a major U.S. city.

He was added in November to an existing Miami terrorism case after an intense legal battle over President Bush's wartime detention powers. CURT ANDERSON (AP)



Padilla



A viewer visits YouTube in New York last week. The video-sharing Web site has become a valuable—and entertaining—new tool used in political campaigns.

YouTube Becomes a Hit With Campaigns

Video-sharing Web site catches candidate in a compromising position

WASHINGTON | When Republican Sen. Conrad Burns briefly struggled to keep his eyes open at a Montana farm bill hearing last Thursday, a state Democratic Party operative was right there taping it. Within hours, the video of Burns was on YouTube and available to viewers around the world.

"It speaks to the faster pace of campaigns in the Internet world," said Matt McKenna, spokesman for Jon Tester, Burns' Democratic opponent. The operative, 23-year-old

Kevin O'Brien, follows Burns and tapes him whenever he can. If the video is good enough, the Tester campaign will post it on YouTube, the popular video-sharing Web site.

"We direct people to our Web site, not YouTube," said Burns spokesman Jason Klindt. He characterized the YouTube posting as a "gotcha" video, saying Burns had gotten little sleep the night before the farm hearing.

YouTube has become yet another Internet tool to rouse party activists, political junkies and office procrastinators. Strategists say it's an entertaining new way to directly connect with voters. MARY CLARE JALONICK (AP)

Sunday School Teacher Fired For Being Female

WATERTOWN, N.Y. | The minister of a church that dismissed a female Sunday school teacher after adopting what it called a literal interpretation of the Bible says a woman can perform any job — outside of the church.

The First Baptist Church dismissed Mary Lambert on Aug. 9 with a letter explaining that the church had adopted an interpretation that prohibits women from teaching men. She had taught there for 54 years.

The letter quoted the first epistle to Timothy: "I do not permit a woman to teach or to have authority over a man; she must be silent."

The Rev. Timothy LaBouf, who also serves on the Watertown City Council, issued a statement saying his stance against women teaching men in Sunday school would not affect his decisions as a city leader in Watertown, where all five members of the council are men but the city manager who runs the city's day-to-day operations is a woman. (AP)

WHO KNEW? A mix of bacteria-killing viruses can be safely sprayed on food to combat common microbes that kill hundreds each year, health officials said last week. (AP)

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express

Nation



CAUSE TO CELEBRATE: The Texas Longhorns earned another national title Monday, not for football but as the country's best party school. The University of Texas at Austin ranked first in the Princeton Review survey of 115,000 students at campuses across the country.

Iwo Jima Photographer Dies at 94

Joe Rosenthal won a Pulitzer Prize for his iconic WWII image

SAN FRANCISCO | Joe Rosenthal, The Associated Press photographer who won a Pulitzer Prize for his immortal image of World War II servicemen raising an American flag over battle-scarred Iwo Jima, has died. He was 94.

Rosenthal died Sunday of natural causes at an assisted-living facility in suburban Novato, said his daughter, Anne Rosenthal.

Rosenthal's iconic photo, shot on Feb. 23, 1945, became the model for the Iwo Jima Memorial near Arlington National Cemetery in Virginia. The memorial, dedicated in 1954 and known officially as the Marine Corps War Memorial, commemorates the Marines who died taking the Pacific island in World War II.

The photo was listed in 1999 at



DOUG MILLS/AP

ICON: Photographer Joe Rosenthal visits the Iwo Jima Memorial in 1995. Rosenthal won a Pulitzer Prize for taking the photograph on which the memorial is modeled.

No. 68 on a New York University survey of 100 examples of the best journalism of the century.

It shows the second raising of the

flag that day on Mount Suribachi on the Japanese island. The first flag had been deemed too small.

"What I see behind the photo is

what it took to get up to those heights — the kind of devotion to their country that those young men had, and the sacrifices they made," Rosenthal once said. "I take some gratification in being a little part of what the U.S. stands for."

He liked to call himself "a guy who was up in the big leagues for a cup of coffee at one time."

The small island of Iwo Jima was a strategic piece of land 750 miles south of Tokyo, and the United States wanted it to support a possible invasion of Japan. On Feb. 19, 1945, 30,000 Marines landed on the coast. Mount Suribachi, which at 546 feet was the highest point on the island, took four days for the troops to scale.

Ten years after the flag-raising, Rosenthal wrote that he almost didn't go up to the summit when he learned a flag had already been raised. He decided to go up anyway, and found servicemen preparing to plant the second, larger flag.

JUSTIN M. NORTON (AP)

Ford Receives A Pacemaker At Mayo Clinic

ROCHESTER, MINN. | Former President Ford received a cardiac pacemaker Monday at the Mayo Clinic, a top aide said.

Ford, 93, was resting comfortably after the operation, and his wife and children were with him, according to a statement issued Monday by Penny Circle, his chief of staff.

Ford was expected to continue to recuperate at the clinic for several days. He was admitted Aug. 15 for tests and evaluation. At the time, neither the clinic nor his chief of staff would comment in detail on his condition.

Ford spent a few days in Colorado's Vail Valley Medical Center last month because of shortness of breath. In January, he was hospitalized for 12 days in Rancho Mirage, Calif., to treat pneumonia. Five years ago, Ford suffered two small strokes and spent about a week in a hospital. (AP)



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H2O WOE: Scientists on Monday called for radical action to improve global water management, saying one-third of the world's population faces water scarcity. A report released at the start of World Water Week said more efficient use of water resources was needed to reduce poverty.

World

In Brief



Moscow market vendors near the site of Monday's explosion cry after the blast.

MOSCOW Bomb Blast Rips Through Market, Killing at Least 10

A bomb tore through a Moscow market Monday morning, killing at least 10 people and injuring scores in what officials said was likely a commercial or criminal dispute. Investigators detained two suspects, Moscow City Prosecutor Yuri Syomin said. The Interfax news agency earlier cited unidentified investigators as saying both had been seen leaving a bag near one of the market's pavilions shortly before the explosion. (AP)

ISLAMABAD, PAKISTAN Ruling Party Moves to Change Disputed Rape Law

Pakistan's ruling party Monday moved to change a controversial rape law that opponents say hurts victims as dozens of radical Muslim lawmakers protested the proposed legislation. Under current Pakistani law, testimony from four witnesses is required to prosecute a rape case. The law also leaves rape victims vulnerable to adultery charges, and those convicted face the death penalty. (AP)

TEHRAN, IRAN Supreme Leader Vows to Continue Nuclear Activities

Iran's supreme leader, Ayatollah Ali Khamenei, said Monday that Tehran will pursue nuclear technology despite a U.N. Security Council deadline to suspend uranium enrichment by the end of the month or face the threat of sanctions. His declaration came on the eve of Iran's self-imposed Tuesday deadline to respond to a Western incentives package for it to roll back its nuclear program. (AP)

11 Charged in U.K. Airline Terror Plot

Police uncover videos on martyrdom, bomb components in probe

LONDON | Police found martyrdom videos and bomb-making components during the investigation of the alleged plot to blow up U.S.-bound jetliners, prosecutors said Monday in announcing 11 people had been charged with terrorism offenses.

Officials confirmed for the first time that the plot involved the manufacture of explosives, which were to be used to assemble and detonate

bombs inside as many as 10 airliners. U.S. officials previously had said the plot appeared to involve mixing liquid-based chemicals to make explosives aboard the aircrafts.

One person was released from custody Monday and police continued to interrogate 11 others who remain "under active investigation," lead prosecutor Susan Hemming said.

Those charged were scheduled to appear in court Tuesday morning.

The briefing by police and prosecutors lasted less than eight minutes, but provided more information than had been released in the 11 days since the alleged plot was first disclosed.

They said investigators had found bomb-making materials — including hydrogen peroxide and electrical components — and seized more than 400 computers and 200 cell phones in nearly 70 searches.

More than 8,000 items used for data storage were reported found. Maps of Afghanistan, suicide notes and books on explosives also were seized, officials said.

"We have also found a number of video recordings — these are

sometimes referred to as martyrdom videos," said Assistant Deputy Commissioner Peter Clarke, who heads the Metropolitan Police's anti-terrorism unit. "This has all given us a clearer picture of the alleged plot."

In all, eight people were charged with conspiracy to commit murder and preparing acts of terrorism. One person, a 17-year-old, was charged with possession of articles that could be used to prepare a terrorist act and two people were charged with failing to disclose information that could help prevent a terrorist act. JENNIFER QUINN (AP)



SEEKING JUSTICE: Iraqi Kurdish survivors and relatives of victims of the Anfal campaign demonstrate against Saddam on Monday.

Defiant Saddam Returns to Court

Ex-Iraqi leader refuses to enter plea at trial for '88 assault on Kurds

BAGHDAD, IRAQ | A defiant Saddam Hussein refused to enter a plea on genocide charges and dismissed the court as illegitimate as his second trial began Monday in a case prosecutors said will expose the wide-scale killings of tens of thousands of Kurds nearly two decades ago.

Prosecutors showed the court photos of women and children

found in mass graves left from a 1987-1988 scorched-earth military assault known as Operation Anfal. One showed a dead infant who still had his milk bottle with him.

The trial is the second for Saddam in connection with alleged atrocities during his regime. The first case examines the regime's ties to the killings of 148 Shiites in the town of Dujail in the 1980s after an assassination attempt. Saddam faces execution by hanging if convicted in either case.

Iraqi Kurds were transfixed, see-

ing the Anfal case as a chance for vengeance against a leader whose regime persecuted their community.

Saddam showed the same challenge to the tribunal that he displayed throughout the Dujail proceedings and his lawyers raised motions that the court was illegitimate.

When asked to give his name for the record, Saddam replied, "You know me" — then he denounced the court as following "the law of the occupation." RAWYA RAGEH (AP)

Post-Vote Violence Hits Congo

Forces loyal to top candidates battling; U.N. evacuates envoys

KINSHASA, CONGO | Troops loyal to the two remaining candidates in Congo's historic elections battled for a second day Monday, fighting around the home of President Joseph Kabila's challenger and trapping top diplomats inside until their evacuation by U.N. peacekeepers.

The army ordered all troops in Kinshasa to lay down arms as the United Nations sent scores of peacekeepers in armored vehicles to take the foreign diplomats from the home of ex-rebel leader Jean-Pierre Bemba, who will face Kabila in a second-round runoff.

U.N. spokesman Jean-Tobias Okala said all the envoys were safe after 150 U.N. troops took them from Bemba's home hours after they arrived for a meeting.

Congo's first elections in more than four decades are meant to select a legitimate leader to try to knit together the country's 58 million people and end the years of corrupt rule and war that have roiled this vast nation and wider Central Africa. ANJAN SUNDARAM (AP)

World



PASTA PANIC: Lovers of pesto are bracing for higher prices or even shortages after hailstorms in northern Italy destroyed much of the most prized variety of basil, the key ingredient in the Genoese specialty. Authorities estimate that some 35 producers suffered a total of \$6.5 million in damages.

Israel's Olmert Facing Public Anger

PM defends handling of Hezbollah conflict as reservists protest

JERUSALEM | Prime Minister Ehud Olmert on Monday tried to defuse growing public anger over his handling of the war against Hezbollah, promising to rebuild rocket-scarred border areas and saying his predecessors failed to prepare for the growing threat of the Lebanese guerrilla group.

With Israeli troops in southern Lebanon awaiting the arrival of international peacekeepers, soldiers shot two Hezbollah guerrillas who approached the force in a "threatening manner" late Monday, the army said. There was no word on the guerrillas' condition.

Since the U.N.-brokered cease-fire took effect, ending 34 days of war, the Israeli public's frustration with the performance of the government and the military has grown steadily.



DAMAGE CONTROL: Israeli Prime Minister Ehud Olmert visits a school on Monday in the northern Israeli town of Kiryat Shmona that was hit by a Hezbollah rocket attack.

The public outrage showed no signs of relenting Monday, with hundreds of reserve soldiers calling for an official inquiry, some marching outside Olmert's office

to demand his resignation.

The war, launched in response to a Hezbollah raid in which two soldiers were kidnapped and three killed, initially enjoyed broad public

support, but criticism grew as the fighting dragged on and the Israeli death toll grew. Critics said Israel's political and military leaders were indecisive, set unrealistic goals and settled for an insufficient truce.

The harshest criticism has come from reserve soldiers, who form an integral part of the military. Reservists returning from Lebanon complained about poor command and a lack of food, water and equipment.

Olmert has said he is ready for an investigation, but did not specify what kind.

Facing local officials, Olmert pledged speedy reconstruction and defended his government's performance.

"We knew for years that there was a great danger, but for some reason, we didn't translate that understanding into action, like we just did," he said. "We knew what Iran was doing, what Syria was doing, arming Hezbollah. We acted as if we didn't know." JOSEF FEDERMAN (AP)

Italy Willing to Lead U.N. Force Sent to Lebanon

ROME | Italian Prime Minister Romano Prodi said Monday that he told U.N. Secretary-General Kofi Annan that Italy is willing to command a U.N. force in Lebanon.

Prodi said Annan would make the decision about who would lead the force "after completing an analysis and discussions with the leaders of countries that are interested in joining the mission," the Italian news agencies ANSA and Apcom reported.

"It is a decision that Kofi Annan will take at the end of broad consultations," Prodi told reporters in the Tuscan seaside resort of Castiglione della Pescaia.

Prodi spoke Sunday with Israeli Prime Minister Ehud Olmert and Lebanese Prime Minister Fuad Siniora, emphasizing Italy's commitment to make "a significant contribution" to the peace mission, the prime minister's office said in a statement earlier Monday. (AP)

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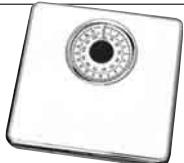
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WEIGHTY ISSUES: Nearly one in four boys in Chinese cities are overweight, while more than half of the country's middle schoolers are nearsighted, state media report. A survey conducted in 2005 found that about 25 percent of boys living in urban areas were overweight, up from 0.2 percent in 1985.

World

Venezuelan's Candidacy Is No Joke

Comedian says he's making a serious run at unseating Chavez

CARACAS, VENEZUELA | The presidential campaign of comedian Benjamin Rausseo seemed like just another joke from a funnyman wildly popular for taking aim at everything from Venezuelans' sexual affairs and public drunkenness to gaffes by leading politicians.

But he has stayed the course even as most contenders from mainstream politics have dropped out of the race to challenge populist President Hugo Chavez, and he plans to formally register his candidacy Wednesday.

Rausseo insists he's quite serious about trying to unseat Chavez.

"This is a country that makes fun of itself. I want to be a president that makes the people laugh," he told The Associated Press.

Many Venezuelans, however, aren't sure what to make of the campaign by a man better-known by his stage name, the "Count of Guacharo" — a fast-talking, straw hat-wearing everyman who has long had audiences laughing with his quips.

Some Venezuelans theorize the comic could siphon off votes



TALKING POLITICS: Venezuelan comedian Benjamin Rausseo plans to formally register his presidential candidacy this week.

and hurt the opposition's long-shot campaign against Chavez in the December election. But others argue Rausseo has charisma and appeal in low-income Chavez strongholds that might just make him a real contender.

Many Venezuelans are asking what is really driving Rausseo to run for president.

Some think it's just a publicity stunt to promote his businesses.

After years as a TV comic, Rausseo now owns a theme park, several hotels and at least two bus lines. Others guess he's getting money from the government to discredit and divide the opposition or from Washington — rumors denied by Chavez aides, the U.S. Embassy and Rausseo himself.

"If the United States is financing me, it should go ahead and make the deposit, man!" Rausseo

said recently. "I haven't seen a single cent!"

Some Venezuelans say Rausseo, 45, has the personality and background that might win him votes. But a poll published over the weekend by the newspaper Ultimas Noticias put his support at just 6 percent, trailing Chavez with 57 percent and the leading opposition candidate, Manuel Rosales, at 19 percent. JORGE RUEDA (AP)



Egyptian workers search for victims at the site of the train crash in Qalyoub.

Commuter Train Crash in Egypt Kills at Least 58

QALYOUN, EGYPT | One commuter train ignored a stop signal and slammed into another Monday, killing at least 58 people and injuring more than 140, authorities said.

The crash took place about 7 a.m. outside the town of Qalyoub, 12 miles north of Cairo. The trains were carrying commuters from the towns of Mansoura and Benha.

The Mansoura train's driver was killed, and its locomotive overturned when it struck the other train, police said.

Authorities worked throughout the day to search for survivors and recover bodies in the crumpled cars. By late afternoon, they used cranes to remove the twisted wreckage from the tracks and unblock the key rail route. (AP)

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Money

Retailers Feeling the Pinch

Consumers cutting back on upscale goods amid high gas prices

The high price of gasoline and slowdown in housing are taking a toll on one of the most striking economic trends of recent years: consumers' widening taste for more upscale purchases.

Amid the broader prosperity of the past decade, Americans grew far more willing to shell out for \$4 cups of coffee and \$400 handbags. Retailers such as Starbucks Corp., Whole Foods Market Inc. and Williams-Sonoma Inc. expanded by appealing to the aspirations of middle-class shoppers.

Now, many of those retailers are feeling pinched. In recent weeks, Starbucks, Whole Foods and Williams-Sonoma have reported disappointing sales that sent their



More consumers are passing up that Frappuccino amid high gasoline prices.

share prices lower. Some restaurants are seeing a sales slump, too.

Growing evidence suggests the chief culprit is gasoline prices in the \$3-a-gallon range — up 71 cents from six months ago, according to federal data.

But Wendy Liebmann, president of consulting firm WSL Strategic Retail in New York, finds evidence in a recent survey of 1,500 consumers of a broader shift in behavior

after almost a decade in which most were "trading up" for high-end items. Many are now cutting back, she says, with middle-income families visiting more mass merchants and grocery stores than specialty outlets.

Especially surprising, Liebmann says, is evidence that households earning as much as \$75,000 a year are changing their habits. Survey responses among this group were more similar to those of low-income households than those of wealthy families, she says. The types of spending most likely to be chopped: clothing, home decor, electronics and entertainment.

How deep the trend extends, and how long it will last, are being closely watched by economists and retailers. Three-fourths of U.S. economic growth last year stemmed from increased consumer spending.

JUSTIN LAHART (THE WALL STREET JOURNAL)

Staffers Leave AOL After Data Breach

NEW YORK | Two AOL employees were fired and its chief technology officer has left the company following a privacy breach in which the Internet search terms of more than 650,000 subscribers were publicly released.

Maureen Govern, the technology chief, will be replaced on an interim basis by John McKinley, AOL's president for digital services. The change takes effect immediately, according to a memo AOL Chief Executive Jonathan Miller sent to

employees on Monday.

The researcher who released the data and that employee's direct supervisor were fired, said one person familiar with the company's decisions. The person, who spoke on condition of anonymity, would not say whether Govern's departure was voluntary. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
HarvNRes	13.85	+1.94	+16.3
Culp Inc h	5.70	+.77	+15.6
Wellman	2.98	+.34	+12.9
PepBoy	12.13	+1.05	+9.5
AccoBrd	21.03	+1.70	+8.8

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
DollarG	12.74	-1.35	-9.6
Visteon	8.27	-.79	-8.7
SeaCntA If	3.04	-.22	-6.7
ChiYuch	5.48	-.39	-6.6
FordM	7.47	-.53	-6.6

Rates

	CURRENT	PREVIOUS WEEK		TODAY	PREVIOUS DAY	YEAR AGO
Prime Rate	8.25	8.25		British Pound	.5282	.5316
Fed Funds close	5.25	5.25		Canadian Dollar	1.1173	1.1256
3-month disc	4.96	4.98		European Euro	.7757	.7797
2-year	4.86	5.01		Japanese Yen	115.80	115.77
10-year	4.82	5.00		Mexican Peso	10.7845	10.8125
30-year	4.96	5.12		Taiwanese Dollar	32.65	32.62

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
OraLabs	6.63	+3.31	+99.7
CTI Inds	3.74	+1.25	+50.2
GoldKist	19.02	+6.09	+47.1
HTaylor n	2.01	+.40	+24.8
Imai n	4.46	+.25	+5.9

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Hastings	5.80	-1.18	-16.9
QEP Co	6.60	-.90	-12.0
Cygen n	3.11	-.39	-11.1
KenseyN	26.72	-2.88	-9.7
GameTc	6.90	-.72	-9.4

Currency (Dollars in foreign currency)

	CURRENT	PREVIOUS WEEK		TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5282	.5316				.5568
Canadian Dollar	1.1173	1.1256		1.2110		
European Euro	.7757	.7797		.8222		
Japanese Yen	115.80	115.77		110.45		
Mexican Peso	10.7845	10.8125		10.7410		
Taiwanese Dollar	32.65	32.62		32.15		

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	67.01	-.30	-15.0
Amylin	46.13	-.70	+15.6
BiogenIdec	43.00	+.09	-5.0
Celgene s	42.95	-.46	+32.6
ChRvLab	40.82	...	-3.7
GenProbe	48.48	-1.35	-6
Genentech	82.09	+.06	-11.3
Genzyme	68.45	-.29	-3.3
GileadSci	63.63	-.02	+21.0
Imclone	30.61	+.44	-10.6
Invitrogen	59.22	+.32	-11.1
MedImmune	28.54	+.19	-18.5
MillPhar	10.38	-.12	+7.0
OIAGEN	14.29	-.26	+21.6
VertxPh	32.34	-.37	+16.9



WITHOUT A DRUNKEN SAILOR: The Naval Academy in Annapolis, Md., will rank fifth in a list of the most "Stone Cold Sober" schools, as published in the Princeton Review's 2007 edition of "The Best 361 Colleges." The publication goes on sale Tuesday.

Local

Suspect Caught After Va. Manhunt

Va. Tech campus shut down after escaped inmate allegedly kills 2

BLACKSBURG, VA. | After a massive manhunt that shut down the Virginia Tech campus on the first day of classes, police on Monday captured an escapee suspected in the slayings of a hospital guard and a sheriff's deputy.

William Morva, 24, had escaped from a hospital where he had been taken for treatment of a sprained wrist and ankle on Sunday. He had been jailed while awaiting trial on charges of attempting to rob a store last year and shed his orange prison jumpsuit after escaping.

Virginia Tech Vice President Kurt Krause canceled classes for the school's more than 25,000 students shortly after the first day of the semester had started.

Authorities said Morva was spotted wearing a tie-dyed T-shirt and khaki shorts, helping him to blend in with other students.

"It's very scary," said sophomore Kelly Engbersen of Williamsburg. "Every person you see you look hard [and wonder] — 'Is that him?'"

As police sirens wailed to signal the arrest, shopkeepers in this college town celebrated the end of the



LOCKDOWN: Blacksburg, Va., police search a car in a parking lot near the Virginia Tech campus on Monday. Virginia Tech cancelled classes on Monday and ordered students and faculty to remain inside as authorities searched for an escaped inmate.

tense search.

"Hallelujah. I'm ready for life to go back to normal," said Paula Bolte, who had put a sign in her store to welcome students back to campus.

School officials sent e-mail warnings telling students and staff to get inside and stay there. During the search, dump trucks and police

cruisers blocked roads leading to campus, and sharpshooters were posted on campus rooftops.

Akio Robrecht, 27, of Blacksburg, said Morva was a couple years behind him in school. Morva "seemed like a nice, quiet kid," he said. "It's kind of hard to believe."

Earlier in the day, Sheriff's

Cpl. Eric E. Sutphin was closing in on Morva along a trail off the 2,600-acre campus when Sutphin was fatally shot, officials said.

SUE LINDSEY (AP)

Campus chaos: Law enforcement officials describe Morva an 'anti-government survivalist' | Today's Post, AI

Jury Mulls Death for Family's Killer

RICHMOND, VA. | Following several days of graphic testimony and dramatic closing arguments that left several in the courtroom in tears, a jury on Monday gathered to determine whether a man who murdered a popular Richmond family should die for his crimes.

Ricky Jovan Gray, 29, was found guilty last week of capital murder

in the random New Year's Day slayings of musician Bryan Harvey, 49, his wife, Kathryn, 39, and daughters Stella, 9, and Ruby, 4. They were found in their burning home, bound, beaten with a hammer and stabbed, with their throats cut.

Prosecutors say Gray and his nephew, Ray Joseph Dandridge, killed the Harveys during a bloody

crime spree that included the slaying of a second Richmond family less than a week later. A police detective from Philadelphia, where the Arlington men were arrested Jan. 7, testified Thursday that Gray confessed to those crimes and others, including the November slaying of Gray's wife near Pittsburgh.

Prosecutors said Gray's crimes were so vile and he is such a threat to society he should be executed. (AP)

The Lotteries

Monday, August 21

DISTRICT

Mid-day Lucky Numbers	4-9-7
Evening Lucky Numbers	4-2-3
Mid-day DC 4	0-6-4-8

Evening DC 4	5-7-3-9
Rolling Cash Five	29-14-32-8-11
Daily 6	15-12-35-24-6-16 (22)
MARYLAND	
Mid-day Pick 3	2-3-9
Evening Pick 3	2-8-8
Mid-day Pick 4	8-0-3-9
Evening Pick 4	5-1-7-3

Match 5

VIRGINIA

Mid-day Pick 3	4-8-9
Mid-day Pick 4	1-1-2-6
Mid-day Cash 5	22-24-30-32-33

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Optimistic Outlook for Students

Md. officials say most pupils will be able to pass graduation tests

BALTIMORE | State education leaders expressed cautious optimism Monday that relatively few students would fail to pass the standardized tests that will be required for graduation starting in 2009, but said hard work remains to be done, particularly in Maryland's most troubled school districts — Baltimore city and Prince George's County.

Those two jurisdictions also highlight the persistent achievement gaps separating blacks, those living in poverty and special education pupils from the rest of the student population.

Such students will "have some extra work to do to get there, because they're continuing to perform a little bit below other students," said Ronald Peiffer, deputy superintendent for academic policy.

Pupils improved across the board on the High School Assessment tests in algebra, biology and government, the State Department of Education said. (AP)

The fighting has stopped.



Photo by Lenny Maschkowski

Now the struggle begins.

The rockets have ceased. But now it's time to rebuild communities and heal lives upended by war.

Your donation to the Israel Emergency Campaign helps repair communities and the psyche of a people shaken by violence by providing trauma counseling and crucial support services for families of fallen soldiers and other victims.

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METAMORPHOSIS: Marlon Wayans will develop, produce and star in "Pretty Ugly," a Dreamworks comedy about a handsome mogul who, one day, wakes up looking hideous and consequently must discover his inner beauty.



Entertainment



LIKE A PRAYER: The Boys' CD "Sacred" debuted last month at No. 2 on the Billboard chart. It's still selling — without a hit song.

Boys Do Better

Los Lonely Boys are back with 'Texican' — their winning fusion

TRIUMPHANT RETURNS | It's not lonely at the top for Los Lonely Boys, the hit trio of Mexican American brothers with the rootsy music style they call "Texican." In fact, the boys discovered that stardom meant no shortage of people telling them how to

follow up on their self-titled 2003 debut album, a surprise, multiplatinum smash with the Grammy-winning hit single "Heaven."

Their label suggested they should cover radio-friendly songs by other writers. Their manager, a former Texas musician himself, was fixated on churning out the next hit single. And some well-meaning marketers even told them to tone down the spirituality that was part of their

upbringing in the big sky country of West Texas.

For the Garza brothers — Henry, 28; Jojo, 26; and Ringo, 25 — the pressures of success had become more stifling than the hard years on the road since childhood, playing cheap cantinas and VFW halls as their father's backup band.

They had witnessed bar fights before learning to drive. They had

risked alienating their patriarch and mentor by going out on their own while still in their teens.

Good luck trying to corral them now.

"There were too many people poking at the baby that we were creating," said Henry of the band's second album, "Sacred." "And we were just being like parents taking care of the baby in the embryo. It's like, 'Stop touching it, damn it. Stop touching it!' Because if you touch it too much, there's going to be something wrong with it."

The out-of-the-box success of "Sacred" freed them from answering skeptics who worried they would be one-hit wonders. That was getting irritating, you can tell. But by sticking to their artistic guns, Los Lonely Boys also proved they are a band to be reckoned with, one that may legitimately claim the rarefied legacy of Mexican American rock predecessors Los Lobos and Carlos Santana.

The new album does not depart from the band's trademark blend of blues, country and Texas guitar rock filtered through a subtle Chicano sensibility. Henry says the follow-up is like "turning the page of the same book."

Yet the sound of "Sacred" is richer and heftier, bolstered with horns and a polished, punchy production that showcases the band's scintillating guitar work and impeccable sibling harmonies. This CD also more faithfully captures the energy and urgency of playing live, which is the band's forte. AGUSTIN GURZA (LOS ANGELES TIMES)

The New Wave of New Wave

New Nouvelle Vague LP bossa nova-izes classic punk songs

MUSIC | Twenty-first-century lounge act Nouvelle Vague's shtick is recasting new-wave, punk and post-punk classics as Brazilian-pop: NV's '05 debut LP bossa nova-izes the Dead Kennedys and Depeche Mode. For "Bande A Part" (Luaka Bop), French musician-producers Marc Collin and Olivier Libaux — working with

female vocalists from France, Brazil and the U.S. — toss another wide net, smoothing out songs by Echo and the Bunnymen, New Order, Blondie and others.

The tap-dancing cabaret twist on Billy Idol's "Dancing With Myself" is laugh-out-loud subversive, and the smoky jazz club take on the Cramps' "Human Fly" is hep-cat cool, but Nouvelle Vague's gauzy renditions of such fluff as Heaven 17's "Let Me Go" and Visage's "Fade to Grey" barely register.



"Bande A Part" is an often amusing exercise in turning darkness into light.

U2's "Pride (In the Name of Love)" isn't diminished by substituting Bono's aching wail for singer Birdpaula's melancholy testifying. If anything, beneath the deceptive pastoral sparkle, the celebration of Dr. Martin Luther King becomes more forlorn and heartbreaking.

And if you want contemporary, NV's feral version of Bauhaus' "Bela Lugosi's Dead" becomes as percussively thunderous as any Timbaland track. NATALIE NICHOLS (LOS ANGELES TIMES)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT

SNOOPY!!! THE MUSICAL Theater for Peanuts



"Snoopy!!! The Musical," brings sequences from Charles Schulz's "Peanuts" comic strip to the stage.

→ Gaithersburg Arts Barn, 311 Kent Square Road, Gaithersburg, Md.; 11 a.m. & 3 p.m., through Sun., \$12; 301-258-6394.



LYLE LOVETT A Cowboy's Thinkin' Man

2 **Cowboy** | Termued "the Thinking Man's Cowboy" by the New Yorker, Lyle Lovett's recorded rock, blues and folk, but he became semi-famous in the '80s as a country singer (and, of course, super-famous in the '90s as Julia Roberts' husband). In recent years, Lovett's reclaimed his roots: smart, lovely — heck, impeccable — songs about trucks, cheating hearts, God and other staples of life in Lovett's beloved small Texas town will probably dominate tonight's performance with backing players His Large Band.

→ Wolf Trap, Filene Center, 1551 Trap Road, Vienna; with His Large Band, 8:30 p.m., \$22-\$40; 703-255-1868.

SUGARLAND Prettier Country

3 **Prettier Country** | Contemporary female-fronted country act Sugarland performs upbeat, twang-heavy pop; even the angsty songs sound happy.

→ Merriweather Post Pavilion, 10475 Little Patuxent Parkway, Columbia, Md.; 8 p.m. \$25-\$40; 202-397-7328.

WHAT'S HAPPENING?

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Entertainment



SOMETIMES A GREAT NOTION: Abigail Breslin, the 10-year-old star of "Little Miss Sunshine," will appear in ABC's "Grey's Anatomy." Breslin's been cast in the episode "Sometimes a Fantasy," part of the show's third season, premiering Sept. 21 at 9 p.m.

The Best of Bonaduce

Though removed from reality, 'Partridge' vet is very entertaining

CHILD STARS | Danny Bonaduce is doing his best impersonation of a game-show host, lobbing jokey questions at a trio of contestants about the melodramas of Ozzy Osbourne, Courtney Love and Janice Dickinson, looking executive in a dark suit. This is Bonaduce on "Starface," a celebrity-gossip challenge that recently premiered on GSN.

It's a striking shift from the vodka-guzzling, wrist-slashing, tantrum-throwing train wreck of a man depicted in last fall's VH1 reality series "Breaking Bonaduce."

"This is the weirdest show I've ever done," the ex-"*Partridge Family*" star said, "by leaps and bounds."

Actually, weird — alarming, cringe-inducing self-exploitation — is what Bonaduce does best. He possesses an odd mix of rage, self-loathing, intellect, even romance that is irresistibly entertaining, yet unsettlingly removed from reality.

Bonaduce is perpetually in comeback mode, like so many other entertainers "in recovery," rebounding from drugs and alcohol or his own bad judgment. He said he's been "in jail, all bloody, chained up to people," but he has spent more time in rehab than in police custody. Nothing has stalled



FALLEN STAR: Bonaduce is so admittedly confused about his identity that even his best friends — much less his MySpace.com "friends" — don't feel they know him.

his career for long. Show business has an insatiable appetite for self-destruction, and Bonaduce has made that work in his favor.

"*Breaking Bonaduce 2*," set to air in October, just wrapped, and it was filmed during yet another rocky period for the family. So much so that Bonaduce said he insisted that VH1 keep a crew on standby until the show airs so any new melodrama could be added to the finale.

But things have since settled into a routine, he said. He's been sober for about a year, and he and his wife are still in counseling. But, he added, all the therapy hasn't given him any more self-awareness.

"I would be very comfortable doing some type of show about this crazy, drug-addled guy that flirts," he said. "If you want to do a television show about a guy who does none of that stuff, which currently I do not, I have almost limited knowledge about that guy."

GINA PICCALO (LOS ANGELES TIMES)

Bismillah Khan, 90, Passes On

After a long illness, Indian music legend dies of a heart attack



AJIT KUMAR/RAP

Khan, above, performed at India's first Independence Day celebration in 1948.

the state were closed and the national flag flew at half-staff.

Khan was a Muslim but played the shehnai at countless Hindu ceremonies and was widely regarded as a symbol of India's secular traditions.

Indian Prime Minister Manmohan Singh described Khan as a "phenomenal exponent of India composite culture."

"This is truly a sad day ... his passing away brings an end to an era," Singh told reporters after both houses of Parliament paid a tribute to the music legend.

Khan enthralled audiences worldwide during a musical career that spanned more than seven decades. Despite his fame, Khan led a simple life, preferring to travel around Varanasi in a bicycle rickshaw. (AP)

APPRECIATION | Bismillah Khan, who enthralled generations with his shehnai, an Indian wind instrument, died Monday morning of a heart attack. He was 90.

Khan suffered a heart attack late Sunday, said Dr. P.S.R. Aiyar at Heritage Hospital. "He breathed his last at 2:20 a.m.," Aiyar said.

Khan, a recipient of India's highest civilian award, the Jewel of India, had been ailing for months.

A state funeral saw thousands of people line the streets of Varanasi to pay their respects. Khan's body was taken in a procession to a local burial ground. As the army fired guns in salute, his coffin, covered with red and white rose petals, was interred. All schools and colleges in

REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14 800-FANDANGO 1721#

MATERIAL GIRLS (PG) DIG (1205 235 505) 735 1000
ACCEPTED (PG-13) DIG (1155 235 440) 720 950
SNAKES ON A PLANE (R) - ID REQ'D DIG (1200 1245 230 330 500)
STEP UP (PG-13) DIG (1135 210 450) 720 950
PULSE (PG-13) DIG (1225 245 520) 750 1005
OC: WORLD TRADE CENTER (PG-13) DIG (1000 105)
WORLD TRADE CENTER (PG-13) DIG (1204 740 935)
THE DESCENT (R) - ID REQ'D DIG (1210 240 515) 755 1025
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1145 220 510) 800 1040
BARNYARD (PG) DIG (1140 200 420 700)
MIAMI VICE (R) - ID REQ'D DIG (1000 105)
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1205 240 515) 750 950
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1200 345) 710 1020

BALLSTON COMMON STADIUM 12 800-FANDANGO 377#

Adv. *Tix on Sale* A NIGHTMARE ON ELM STREET (R) - ID REQ'D DIG
Adv. *Tix on Sale* TOBY KEITH - BROKEN BRIDGES PREMIERE (PG-13) ★
MATERIAL GIRLS (PG) DIG (1200 225 450) 730 1000
ACCEPTED (PG-13) DIG (1210 1240 235 305 500) 725 755 955
SNAKES ON A PLANE (R) - ID REQ'D DIG (1215 215 245 445 515)
PULSE (PG) DIG (1205 245 445 515)
STEP UP (PG-13) DIG (140 220 415 455) 655 735 930 1010
ZOOM (PG) DIG (1220 240 505)
THE DESCENT (R) - ID REQ'D DIG (510) 1020
BARNYARD (PG) DIG (1150 210 430 650)
MIAMI VICE (R) - ID REQ'D DIG (1000 105)
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1205 240 515) 750 1020
THE DEVIL WEARS PRADA (PG-13) DIG (1205 240 515) 750 940
SUPERMAN RETURNS (PG-13) DIG (420) 135 700 940
OC: YOU, ME AND DUPREE (PG-13) DIG (230) 740

BOWIE STADIUM 14 800-FANDANGO 454#

SNAKES ON A PLANE (R) - ID REQ'D DIG (100 200 400 500) 700 800 1000
ACCEPTED (PG-13) DIG (145 445) 815 1040
MATERIAL GIRLS (PG) DIG (130 430) 745 1020
STEP UP (PG-13) DIG (115 215 415 515) 715 815 1015
PULSE (PG-13) DIG (215 515) 800 950
ZOOM (PG) DIG (130 430)
WORLD TRADE CENTER (PG-13) DIG (1245 400) 715 1015
THE DESCENT (R) - ID REQ'D DIG (1245 330) 645 945
BARNYARD (PG) DIG (115 415) 715 930
MIAMI VICE (R) - ID REQ'D DIG (1230 345) 730 1040
MONSTER HOUSE (PG) DIG (145)
LITTLE MAN (PG-13) DIG (730 1000)
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1230 345) 700 1025
THE DEVIL WEARS PRADA (PG-13) DIG (100 330) 650 920

BETHESDA 10 800-FANDANGO 569#

MATERIAL GIRLS (PG) DIG (1250 350) 720 945
ACCEPTED (PG-13) DIG (120 430) 745 1005
SNAKES ON A PLANE (R) - ID REQ'D DIG (1230 400) 730 1000
STEP UP (PG-13) DIG (130 440) 705 935
PULSE (PG-13) DIG (100 330) 715 940
ZOOM (PG) DIG (1245 400)
WORLD TRADE CENTER (PG-13) DIG (1245 400) 715 1015
THE DESCENT (R) - ID REQ'D DIG (255 510) 1015
BARNYARD (PG) DIG (1220 220 425) 655 905
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1210 235 505) 730 1010
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1205 225 450) 725 950
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1235 335) 640 1000
OC: THE LAKEHOUSE (PG) DIG (1230) 750

POTOMAC YARD STADIUM 16 800-FANDANGO 690#

3575 Jefferson Davis Hwy 800-FANDANGO 690#

SNAKES ON A PLANE (R) - ID REQ'D DIG (140 210 415 445) 650
ZOOM (PG) DIG (720 925 945)
MATERIAL GIRLS (PG) DIG (1155 230 500) 730 1000
ACCEPTED (PG-13) DIG (1220 250 515) 740 1010

STEP UP (PG-13) DIG (1210 145 245 425 525) 700 800 935 1035

ZOOM (PG) DIG (135 445)
PULSE (PG-13) DIG (1200 220 450) 710 930

OC: WORLD TRADE CENTER (PG-13) DIG (335) 950

WORLD TRADE CENTER (PG-13) DIG (1225 100 410) 640 715 1025

THE DESCENT (R) - ID REQ'D DIG (130 405) 635 910

BARNYARD (PG) DIG (1210 235 455) 725 940

TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (225 510) 750 1030

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1140 315) 650 1015

BARNYARD (PG) DIG (1150 220 440) 710 940

THE DESCENT (R) - ID REQ'D DIG (115 205 405) 700 1020

ZOOM (PG) DIG (115 205 405) 700 1020

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1150 320) 645 1015

THE DEVIL WEARS PRADA (PG-13) DIG (1205 330) 650 920

OC: YOU, ME AND DUPREE (PG-13) DIG (230) 740

FAIRFAX TOWNE CENTER 10 800-FANDANGO 670#

4110 W Ox Road 800-FANDANGO 670#

Adv. *Tix on Sale* A NIGHTMARE ON ELM STREET (R) - ID REQ'D DIG
Adv. *Tix on Sale* TOBY KEITH - BROKEN BRIDGES PREMIERE (PG-13) ★
ACCEPTED (PG-13) DIG (1115 120 145 230 415 500) 700 740 930

TRUST THE MAN (R) - ID REQ'D DIG (1120 1215 200 320 490) 645
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (110 220 330 445) 715 800 950 1030

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1140 315) 650 1015

BARNYARD (PG) DIG (1140 220 440) 710 940

THE DESCENT (R) - ID REQ'D DIG (115 205 405) 700 1020

ZOOM (PG) DIG (115 205 405) 700 1020

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1150 320) 645 1015

THE DEVIL WEARS PRADA (PG-13) DIG (1205 330) 650 920

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TRUST THE MAN (R) - ID REQ'D DIG (1120 1215 200 320 490) 645
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (110 220 330 445) 715 800 950 1030

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ACCEPTED (PG13) ✓ 12:45, 3:00, 5:15, 7:45, 10:15
MATERIAL GIRLS (PG) ✓ 11:35, 2:10, 4:40, 7:10, 9:50
SNAKES ON A PLANE (R) ✓ 11:00, 12:00, 1:00, 1:45, 2:45, 3:45, 4:30, 5:30, 6:30, 7:15, 8:15, 9:15, 10:00
PULSE (PG13) 1:25, 2:25, 5:00, 7:40, 10:10
STEP UP (PG13) 11:20, 2:00, 4:30, 7:20, 10:00
ZOOM (PG) 12:50, 3:50, 5:20, 7:35
WORLD TRADE CENTER (PG13) 12:35, 1:50, 3:40, 4:55, 6:45, 8:00, 9:45
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 11:15, 1:15, 3:30, 5:50, 8:10, 10:25
THE DESCENT (R) 1:25, 4:05, 6:55, 9:35
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 11:30, 12:30, 2:05, 3:10, 4:45, 5:45, 7:30, 8:30, 10:10
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 11:30, 12:30, 2:05, 4:45, 7:30, 10:10
THE ANT BULLY (PG) 1:10, 3:25
JOHN TUCKER MUST DIE (PG13) 11:55, 2:40, 5:10, 7:55, 10:05
MIAMI VICE (R) 1:35, 4:40, 7:40, 10:40
LADY IN THE WATER (PG13) 7:25, 10:20
MONSTER HOUSE (PG) 11:55, 2:30, 5:05
LITTLE MAN (PG13) 11:25, 2:15, 4:50, 7:50, 10:30
YOU, ME AND DUPREE (PG13) 5:40, 8:15, 10:45
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 11:50, 3:35, 7:05, 10:35
THE DEVIL WEARS PRADA (PG13) 11:10, 1:55, 4:35, 7:20, 10:00

AMC SELECT

THE NIGHT LISTENER (R) 9:55 PM
LITTLE MISS SUNSHINE (R) ✓ 11:05, 1:40, 4:20, 7:00, 9:40

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

ACCEPTED (PG13) ✓ 12:45, 3:00, 5:15, 7:40, 10:00
MATERIAL GIRLS (PG) ✓ 1:40, 3:00, 7:00, 9:30
SNAKES ON A PLANE (R) ✓ 1:30, 4:30, 7:30, 10:10
PULSE (PG13) 12:45, 2:55, 5:20, 7:40, 10:10
STEP UP (PG13) 1:20, 4:20, 7:15, 9:40
ZOOM (PG) 12:50, 3:00, 5:15, 7:30, 9:45
WORLD TRADE CENTER (PG13) 1:10, 4:10, 7:00, 9:50
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 12:30, 2:45, 5:00, 7:20, 9:40
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:20, 4:15, 7:10, 10:00
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:30, 3:40, 6:50, 9:50

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

ACCEPTED (PG13) ✓ 2:20, 5:30, 7:50, 10:00
MATERIAL GIRLS (PG) ✓ 2:40, 5:00, 7:40, 10:00
STEP UP (PG13) 2:30, 4:55, 7:20, 9:45
ZOOM (PG) 3:05, 5:10
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:00, 3:10, 5:20, 7:30, 9:50
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:10, 4:35, 7:10, 9:40
THE DEVIL WEARS PRADA (PG13) 9:55 PM

AMC SELECT

TRUST THE MAN (R) ✓ 2:00, 4:30, 7:15, 9:30

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

REEL MOMS
TRUST THE MAN (R) ✓ 11:00 AM

PRESENTED IN DIGITAL PROJECTION

SNAKES ON A PLANE (R) ✓ 12:05, 2:45, 5:20, 8:00, 10:45

ACCEPTED (PG13) ✓ 12:35, 2:50, 5:05, 7:30, 9:55
SNAKES ON A PLANE (R) ✓ 1:30, 4:15, 7:00, 9:45
PULSE (PG13) 1:20, 3:35, 5:50, 8:10, 10:20
STEP UP (PG13) 1:20, 3:00, 5:30, 8:05, 10:40
WORLD TRADE CENTER (PG13) 12:45, 1:45, 3:45, 4:45, 6:45, 7:45, 9:45, 10:35
THE DESCENT (R) 4:25, 9:50
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 12:00, 2:25, 5:00, 7:40, 10:35
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 12:00, 2:25, 5:00, 7:40, 10:35
MIAMI VICE (R) 1:25, 6:50
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:25, 3:50, 7:05, 10:25
THE DEVIL WEARS PRADA (PG13) 2:20, 7:20

AMC SELECT

TRUST THE MAN (R) ✓ 2:40, 5:10, 7:50, 10:30

SCOOP (PG13) 12:00, 4:55, 10:05

LITTLE MISS SUNSHINE (R) 12:30, 2:05, 3:05, 4:40, 5:40, 7:15, 8:15, 10:00, 10:40

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
202-333-3456

WORLD TRADE CENTER (PG13) 1:00, 4:00, 7:00, 10:00

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

ACCEPTED (PG13) ✓ 2:05, 4:20, 6:45, 9:15
MATERIAL GIRLS (PG) ✓ 2:10, 4:30, 6:50, 9:20
SNAKES ON A PLANE (R) ✓ 12:00, 1:30, 2:40, 4:15, 5:15, 7:00, 8:00, 9:45, 10:40
PULSE (PG13) 2:15, 4:35, 6:55, 9:35
STEP UP (PG13) 2:20, 3:55, 6:30, 9:10
ZOOM (PG) 2:15, 4:10, 6:40
WORLD TRADE CENTER (PG13) 1:05, 2:00, 4:00, 5:00, 7:05, 8:05, 10:05

AMC TYSONS CORNER 16

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

ACCEPTED (PG13) ✓ 11:00, 1:10, 2:40, 4:50, 8:00, 10:20
MATERIAL GIRLS (PG) ✓ 1:05, 1:05, 3:30, 5:50, 8:10, 10:30
SNAKES ON A PLANE (R) ✓ 11:15, 12:25, 1:40, 3:00, 4:15, 5:35, 7:00, 8:15, 9:30, 10:45
PULSE (PG13) 1:25, 4:45, 7:10, 9:35
STEP UP (PG13) 1:25, 3:30, 5:25, 7:40, 10:00
ZOOM (PG) 10:55, 1:00, 3:10, 5:25, 7:40, 10:00
WORLD TRADE CENTER (PG13) 11:20, 12:55, 2:15, 4:05, 5:15, 7:05, 8:05, 9:55, 10:55
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 11:05, 1:20, 3:35, 5:45, 7:55, 10:00
THE DESCENT (R) 12:20, 3:10, 5:20, 7:50, 10:15
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 11:10, 12:35, 1:55, 3:15, 4:45, 5:55, 7:25, 8:30, 10:15
LITTLE MISS SUNSHINE (R) 11:30, 2:00, 4:40, 7:20, 9:45

AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

ACCEPTED (PG13) 5:10, 7:25
MATERIAL GIRLS (PG) 4:50, 7:20
SNAKES ON A PLANE (R) 4:30, 5:30, 7:00, 8:15
PULSE (PG13) 5:20, 7:30
STEP UP (PG13) 5:15, 7:35
ZOOM (PG) 4:40
WORLD TRADE CENTER (PG13) 4:45, 7:40
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 4:35, 8:10
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 11:10, 1:55, 4:45, 7:25, 10:10
MIAMI VICE (R) 1:15, 4:25, 7:30, 9:35
MONSTER HOUSE (PG) 4:45
LITTLE MAN (PG13) 12:15, 3:40, 7:05, 10:25

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

ACCEPTED (PG13) 1:20, 3:45, 6:05, 8:25, 10:50
MATERIAL GIRLS (PG) 11:50, 2:20, 4:55, 7:35, 10:05
SNAKES ON A PLANE (R) 12:00, 1:30, 2:30, 4:15, 5:15, 7:00, 8:00, 9:45, 10:45
PULSE (PG13) 1:15, 3:30, 5:50, 8:10, 10:35
STEP UP (PG13) 2:10, 4:40, 7:15, 10:00
ZOOM (PG) 1:35, 4:05, 6:30
WORLD TRADE CENTER (PG13) 1:40, 4:30, 7:30, 10:30
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:55, 4:10, 6:35, 9:05
THE DESCENT (R) 1:55, 8:30, 11:00
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 12:15, 2:55, 5:35, 8:15, 10:55
THE ANT BULLY (PG) 3:40
JOHN TUCKER MUST DIE (PG13) 9:00 PM
MIAMI VICE (R) 4:20, 9:55
MONSTER HOUSE (PG) 1:25
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:35, 3:50, 7:05, 10:20
THE DEVIL WEARS PRADA (PG13) 1:45, 7:20, 9:20

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-44MC

PULSE (PG13) 1:20, 3:30, 5:45, 8:00, 10:10
WORLD TRADE CENTER (PG13) 12:15, 1:00, 3:10, 4:10, 6:10, 7:10, 9:05, 10:05
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 12:00, 2:30, 5:00, 7:30, 10:00
JOHN TUCKER MUST DIE (PG13) 3:15, 7:50
CLERKS II (R) 12:45, 5:30, 9:50

AMC SELECT

A SCANNER DARKLY (R) 1:45, 4:15, 6:30, 9:00
LITTLE MISS SUNSHINE (R) ✓ 12:30, 1:30, 3:00, 4:20, 5:20, 6:45, 7:45, 9:15, 10:15

AMC COUNTRY CLUB MALL 6

Country Club Mall on Vockey Rd near Route 68.
301-729-6633

ACCEPTED (PG13) ✓ 12:30, 2:45, 5:00, 7:30, 9:55
ZOOM (PG) 3:00, 7:30
WORLD TRADE CENTER (PG13) 1:15, 4:15, 7:15, 10:10
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 12:15, 2:30, 4:45, 7:00, 9:15
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 12:30, 3:00, 5:30, 8:00, 10:30
MONSTER HOUSE (PG) 12:45, 5:15, 9:45
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:45, 4:00, 7:15, 10:20
SUPERMAN RETURNS (PG13) 1:05, 4:15, 7:30, 9:30
CLERKS II (R) 2:45, 5:10, 7:30, 9:40
THE DEVIL WEARS PRADA (PG13) 2:10, 4:45, 7:20, 9:45

LOEWS DUPONT 5

1350 19th St.
202-333-3456

THE BOYNTON BEACH CLUB (NR-NOT RATED) 2:00, 4:30, 7:00, 9:20

A SCANNER DARKLY (R) 2:30, 5:20, 7:40, 9:50

SHADOWBOXER (R) 2:15, 7:10

STRANGERS WITH CANDY (R) 4:20, 9:30

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

TRUST THE MAN (R) 1:50, 4:20, 7:50, 10:00

THE BOYNTON BEACH CLUB (NR-NOT RATED) 1:40, 4:10, 7:10, 9:30

SCOOP (PG13) 1:00, 4:50, 7:40, 9:50

LITTLE MISS SUNSHINE (R) 1:10, 2:00, 3:50, 4:30, 7:00, 7:30, 9:10, 9:40

WORDPLAY (PG) 2:10, 7:00

A PRAIRIE HOME COMPANION (PG) 4:40, 9:00

AN INCONVENIENT TRUTH (PG) 1:30, 3:40, 7:20, 9:20

LOEWS WHITE FLINT 5

North Bethesda
202-333-3456

ACCEPTED (PG13) 12:00, 2:30, 4:35, 7:10, 9:30

SNAKES ON A PLANE (R) 1:30, 4:15, 7:00, 9:45

WORLD TRADE CENTER (PG13) 12:15, 3:15, 7:15, 10:00

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:05, 3:30, 6:30, 9:45

THE DEVIL WEARS PRADA (PG13) 1:55, 2:40, 5:10, 7:35, 10:05

Times for Tuesday, August 22, 2006

**WeekendPass makes
the weekend reel.**

Every Thursday in Express.

WeekendPass

express

A publication of The Washington Post

Television



LOVE, HOLLYWOOD STYLE: James Gandolfini has brought plenty of buzz—and cash—to HBO; now the premium-cable channel is showing its faith in the "Sopranos" actor by signing him to a three-year exclusive development and production deal.

It's Not You, It's Me

Shannen Doherty does the dumping for women who can't

DEBUT | Beautiful, difficult and scandalous, Shannen Doherty lends her face, name and attitude to "Breaking Up With Shannen Doherty" (10 p.m., Oxygen). In this cheeky, hidden-camera show, the former "Beverly Hills, 90210" bad girl helps women without gumption dump bad or clingy boyfriends so they can get on with their lives.

In the first episode made available for review, Doherty consults with a former Southern beauty



IT'S NOT WORKING: Doherty has burned plenty of personal bridges.

queen turned Los Angeles anchorwoman who began dating a man on the rebound from a bad relationship. After a year, she's certain he's not "the one," but she's afraid of confrontation and frightened that she's going to break his heart.

Doherty sets up a dinner date, complete with a hidden camera and a "psychic chef." Now that has to be a reality-show first. Watching via surveillance camera, Doherty can see the boyfriend's rude, disrespectful and bossy behavior. And so can we. The vain boyfriend doesn't even seem surprised when Doherty comes up to his table. He wastes no time hitting on her. This makes it easier for Doherty to lower the boom. As you might expect, the cad seems almost relieved. **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

ON TV TONIGHT

ROAD MAP TO THE BEYOND

THE EGYPTIAN BOOK OF THE DEAD (8 p.m., History Channel) explores the culture that produced elaborate scrolls to be buried with the dead and become a guidebook to the afterlife. It also unravels the mystery of a Victorian-era curator who purchased such a book for the British Museum.



YOU SPELLED 'DEAD' WRONG: One of the History Channel's re-enactments.

CUT-RATE FUN

Phil McGraw and Robin McGraw host the **J.C. PENNEY JAM: CONCERT FOR AMERICA'S KIDS** (8 p.m., CBS).

SAD END TO A SAD STORY

The documentary **WHEN THE LEVEES BROKE** (9 p.m., HBO) concludes.

DIVERGING PATHS

WIDE ANGLE (10 p.m., PBS) looks at tensions between Turkey's business and

religious communities.

CULT CHOICE

Austin, Texas, students celebrate the last days of school in 1976 in Richard Linklater's **DAZED AND CONFUSED** (8 p.m., E!). **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

8.22.06		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS		WRC (4) News	NBC Nightly News	Access Hollywood	Fear Factor "Disaster Fear Factor" (1)	Law & Order: Criminal Intent	Vanished "Pilot" (1)	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	News	News	News	Tonight Show	
		WTTC (5) Seinfeld (1)	The Simpsons (1)	Seinfeld (1)	House "No Reason" (1) (PA)	According to Jim	According to Jim	According to Jim	(10) Primetime (N)	News	News	Geraldo at Large		
		WJLA (7) News	ABC Wld News	Wheel of Fortune	Jeopardy!	According to Jim	According to Jim	According to Jim	(10) Primetime (N)	News	News	(35) Nightline		
		WWUSA (9) News	CBS News	9News Tonight	Entertainment	Jam-Concert for Kids	Big Brother: All-Stars (N)	Big Brother: All-Stars (N)	Rock Star: Supernova (N)	News	News	Late Show		
		WDCA (10) King of the Hill (1)	That '70s Show	Every-Raymond	Veronica Mars "I Am God" (1)	Veronica Mars (1)	Veronica Mars (1)	Veronica Mars (1)	The Tyra Banks Show	Guest updates.	Girlfriends	Girlfriends		
		WMPT (22) The NewsHour With Jim Lehrer (N)	Business Rpt.	Outdoors	Nova "Who Killed the Red Baron?"	Nova "Crash of Flight III" (1)	Wide Angle "Turkey's Tigers" (N)	Wide Angle "Turkey's Tigers" (N)	Wide Angle "Ransom City" (1)	Wide Angle "Ransom City" (1)	Alaska: Silence & Solitude (DVS)	P.O.V. "Lomax the Songhunter" (N)		
		WETA (26) BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "Dogs and More Dogs" (1)	Leonardo's Dream Machines	Bellydance Fitness Fusion Jazz (1)	Charlie Rose (N)	Charlie Rose (N)					
		WHUT (32) World Business	Tavis Smiley (1)	BBC World News	Moneywise	Great Performances	Great Performances	Great Performances	BBC World News	Tavis Smiley (1)	Friends (1)	Friends (1)	Sex and the City	
		WDCW (50) My Wife and Kids	Bernie Mac	My Wife and Kids	Bernie Mac	Gilmore Girls (1)	Gilmore Girls (1)	Gilmore Girls (1)	Friends (1)	Friends (1)	Friends (1)	Friends (1)	Sex and the City	
BASIC CABLE		A&E Cold Case Files	Crossing Jordan "Necessary Risks"	The New Skinheads	Bounty Hunter	Bounty Hunter	King of Cars	King of Cars	Dallas SWAT	Dallas SWAT	Dallas SWAT	Dallas SWAT	Dallas SWAT	
		Animal The Crocodile Hunter Diaries	The Most Extreme Big cats.	The Most Extreme "City Slickers"	Profiles of Nature	The coyote.	Animal Planet Heroes	Animal Planet Heroes	Phoenix (N)	The Most Extreme "City Slickers"	The Most Extreme "City Slickers"	The Most Extreme "City Slickers"	The Most Extreme "City Slickers"	
		BET 106 & Park: BET's Top 10 Live	Hotwyred	* "Hot Boyz" (1999, Action) Gary Busey, Silk the Shocker.	The Parkers	The Parkers	Jamie Foxx	Jamie Foxx	Project Runway	Project Runway	Project Runway	Project Runway	Project Runway	
		Bravo Work Out	Work Out	Work Out Jesse faces Jackie's wrath.	Work Out (N)	Work Out	Queer Eye Weight loss boot camp. (N)	Queer Eye Weight loss boot camp. (N)						
		Comedy "The Naked Gun: Police Squad"	Reno 911!	Reno 911!	Daily Show	Colbert Report	Chappelle's Show	South Park	Reno 911!	Daily Show	Daily Show	Daily Show	Colbert Report	
		Court Forensic Files	Forensic Files	Cops (1)	Cops (1)	Cops (1)	Cops (1)	Cops (1)	Parco P.I. (N)	Parco P.I. (N)	Parco P.I. (N)	Parco P.I. (N)	Masterminds	
		Discovery How It's Made	How It's Made	Extreme Engineering	Dirty Jobs Vermont cheese.	Dirty Jobs Taylor Shellfish Farms. (N)	Dirty Jobs Taylor Shellfish Farms. (N)	Stunt Junkies	Stunt Junkies	Dirty Jobs Iowa pig farmer.	Dirty Jobs Iowa pig farmer.	Dirty Jobs Iowa pig farmer.	Dirty Jobs Iowa pig farmer.	
		DISCH Paramedics "Double Dose"	Trauma: Life in the ER	Incredibly Small: Kenadie's Story	Untold Stories of the E.R.	Strictly Dr. Drew Addiction. (N)	Strictly Dr. Drew Addiction. (N)	Incredibly Small: Kenadie's Story	Incredibly Small: Kenadie's Story					
		Disney Hannah Montana	Zack & Cody	That's So Raven	That's So Raven	"Stuck in the Suburbs" (2004) Danielle Panabaker.	Naturally, Sadie	American Drgn	American Drgn	Zack & Cody	Zack & Cody	Zack & Cody	That's So Raven	
		E! Dr. 90210 Obesity in America.	E! News (N)	The Daily 10 (N)	*** "Dazed and Confused" (1993, Drama) Jason London, Wiley Wiggins.	Girl Next Door	Girl Next Door	Girl Next Door	Girl Next Door	E! News	The Daily 10	The Daily 10	Rescue Me "Hell" (N)	
		FX That '70s Show	That '70s Show	★★★ "The Missing" (2003) Tommy Lee Jones. A woman and her estranged father seek her kidnapped child.	Rescue Me "Hell" (N)	Rescue Me "Hell" (N)	Rescue Me "Hell" (N)	Rescue Me "Hell" (N)	Rescue Me "Hell" (N)	Rescue Me "Hell" (N)	Rescue Me "Hell" (N)	Rescue Me "Hell" (N)	Rescue Me "Hell" (N)	
		HGTV Renovation	If Walls Could	What's House?	House Hunters	Designed to Sell	Bad, Bad Bath	Decorating Cents	Curb Appeal (N)	House Hunters	Buy Me (1)	Buy Me (1)	Parents House	
		Family 7th Heaven "A Cry for Help"	7th Heaven "Sunday"	7th Heaven "Sunday"	7th Heaven "Sunday"	7th Heaven "Sunday"	7th Heaven "Sunday"	7th Heaven "Sunday"	7th Heaven "Sunday"	7th Heaven "Sunday"	7th Heaven "Sunday"	7th Heaven "Sunday"	Designer Finals	
		History The Big Build "The Fort"	Modern Marvels: More Earthmovers	The Egyptian Book of the Dead	Ancient scroll. (N)	The Egyptian Book of the Dead	Ancient scroll. (N)	Life and Death in Rome "Legions"						
		Lifetime Reba (1)	Reba (1)	"Simple Revenge" (2004, Suspense) Holly Perkins, Melissa Picarello.	"A Lover's Revenge" (2005, Suspense) Alexandra Paul, William Moses.	"A Lover's Revenge" (2005, Suspense) Alexandra Paul, William Moses.	"A Lover's Revenge" (2005, Suspense) Alexandra Paul, William Moses.	"A Lover's Revenge" (2005, Suspense) Alexandra Paul, William Moses.	"A Lover's Revenge" (2005, Suspense) Alexandra Paul, William Moses.	"A Lover's Revenge" (2005, Suspense) Alexandra Paul, William Moses.	"A Lover's Revenge" (2005, Suspense) Alexandra Paul, William Moses.	"A Lover's Revenge" (2005, Suspense) Alexandra Paul, William Moses.	Will & Grace	
		MTV My Own (N)	Parental Control	Sucker Free (1)	VMA Moments	Scandalicious	The Real World "Key West"	The Real World "Key West"	The Real World Key West Reunion	The Real World Key West Reunion	Laguna Beach			
		NICK Ned's School	Danny Phantom	Fairly OddParents	Jimmy Neutron	SpongeBob	Zoey 101	A Different World	Hi-Jinks (1)	Roseanne	Roseanne	Roseanne	Roseanne	Made (1)
		SCI FI Stargate SG-1 "First Commandment"	Dead Like Me "Business Unfinished"	Dead Like Me "Business Unfinished"	Dead Like Me "The Bicycle Thief" (1)	Eureka "Dr. Nobel" (N)	ECW (Live)	ECW (Live)	(10) Roseanne					
		SPIKE World's Wildest Police Videos	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	*** "Dr. No" (1963) Sean Connery, Ursula Andress. James Bond encounters a nefarious scientist in Jamaica. (1)	Who Wants to Be a Superhero?	Who Wants to Be a Superhero?	Who Wants to Be a Superhero?					
		TBS Seinfeld (1)	Seinfeld (1)	Every-Raymond	Every-Raymond	Friends (1)	Friends (1)	Sex and the City	Sex and the City	(15) Seinfeld	(15) Seinfeld	(15) Seinfeld	(15) Seinfeld	Every-Raymond
		TLC While You Were Out	Overhaulin'	Overhaulin'	Rides The Chevy HHR	Overhaulin'	Overhaulin'	Overhaulin'	Overhaulin'	Overhaulin'	Overhaulin'	Overhaulin'	Overhaulin'	Miami Ink
		TNT Law & Order "Suicide Box"	Without a Trace "Pilot"	Without a Trace "Pilot"	Law & Order "Locomotion"	Law & Order "Locomotion"	Law & Order "Locomotion"	Law & Order "Locomotion"	Law & Order "Locomotion"	Law & Order "Locomotion"	Law & Order "Locomotion"	Law & Order "Locomotion"	Cold Case	
		USA (5:00) ★★ "Freddy vs. Jason" (2003)	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	
		VH1 100 Greatest Red Carpet Moments	100 Greatest Red Carpet Moments	100 Greatest Red Carpet Moments	100 Greatest Red Carpet Moments	100 Greatest Red Carpet Moments	100 Greatest Red Carpet Moments	100 Greatest Red Carpet Moments	100 Greatest Red Carpet Moments	100 Greatest Red Carpet Moments	100 Greatest Red Carpet Moments	100 Greatest Red Carpet Moments	100 Greatest Red Carpet Moments	★★ "CB4" (1993) Chris Rock.
SPAN		TELEM Salas de Parejas	Noti-Telemundo	Viuda de Blanco	(10) Tierra de Pasiones	(10) Tierra de Pasiones	Amores Merca	Amores Merca	Deciciones	Deciciones	Deciciones	Deciciones	Deciciones	Lauren
		UNIV Que Locura	Noticiero Univ	Heridas de Amor (N)	La Fea Más Bella (N)	La Fea Más Bella (N)	Barrera de Amor (N)	Barrera de Amor (N)	Que Madre Tan Padre	Que Madre Tan Padre	Primer Impacto			
SPORTS		ESPN SportsCenter (Live)	NFL Live	2006 World Series of Poker (Taped)	2006 World Series of Poker (Taped)	The Contender (N)	The Contender (N)	The Contender (N)	The Contender (N)	The Contender (N)	The Contender (N)	The Contender (N)	The Contender (N)	SportsCenter (Live)
		ESPN2 Little League Baseball World Series	Saudi Arabia vs. Venezuela.	Little League Baseball World Series	Columbus (Ga.) vs. Lemont (Ill.)	WNBA Basketball: Western Conf. First Round	WNBA Basketball: Western Conf. First Round	WNBA Basketball: Western Conf. First Round	WNBA Basketball: Western Conf. First Round	WNBA Basketball: Western Conf. First Round	WNBA Basketball: Western Conf. First Round	WNBA Basketball: Western Conf. First Round	WNBA Basketball: Western Conf. First Round	WNBA Basketball: Western Conf. First Round
		CSN In Focus on FSN	SportsNite	MLB Baseball	Minnesota Twins at Baltimore Orioles. From Oriole Park at Camden Yards in Baltimore. (Live)	SportsNite (Live)	SportsNite (Live)	SportsNite (Live)	SportsNite (Live)	SportsNite (Live)	SportsNite (Live)	SportsNite (Live)	SportsNite (Live)	WNBA Weekly
NEWS		CNN Lou Dobbs Tonight	The Situation Room	Paula Zahn Now	Larry King Live	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360
		FNC Special Report (Live)	The Fox Report With Shepard Smith	The O'Reilly Factor (Live)	Hannity & Colmes (Live)	On the Record-Van Susteren	On the Record-Van Susteren	On the Record-Van Susteren	On the Record-Van Susteren	On the Record-Van Susteren	On the Record-Van Susteren	On the Record-Van Susteren	On the Record-Van Susteren	The O'Reilly Factor
		MSNBC Tucker	Hardball	Countdown With Keith Olbermann	Scarborough Country	MSNBC Investigates: Sudden Death	MSNBC Reports "Stings" Undercover.	MSNBC Reports "Stings" Undercover.	MSNBC Reports "Stings" Undercover.					
MOVIES		AMC (5:45) ★★ "Twins" (1988, Comedy) Arnold Schwarzenegger, PG	★★ "Cocoon" (1985, Fantasy) Don Ameche, Wilford Brimley, Brian Dennehy, PG-13	★★ "Cocoon" (1985, Fantasy) Don Ameche, Wilford Brimley, Brian Dennehy, PG-13	★★ "Cocoon: The Return" (1988) Don Ameche, PG	★★ "Gilda" (1946, Romance) Rita Hayworth, Glenn Ford, NR	★★ "Gilda" (1946, Romance) Rita Hayworth, Glenn Ford, NR	★★ "Gilda" (1946, Romance) Rita Hayworth, Glenn Ford, NR	★★ "Gilda" (1946, Romance) Rita Hayworth, Glenn Ford, NR	★★ "Gilda" (1946, Romance) Rita Hayworth, Glenn Ford, NR	★★ "Gilda" (1946, Romance) Rita Hayworth, Glenn Ford, NR	★★ "Gilda" (1946, Romance) Rita Hayworth, Glenn Ford, NR	★★ "Gilda" (1946, Romance) Rita Hayworth, Glenn Ford, NR	Gilda (1946, Romance) Rita Hayworth, Glenn Ford, NR
		TCM Only Angels	(45) ★★ "Music in My Heart" (1940) Tony Martin, NR	★★ "The Loves of Carmen" (1948, Drama) Rita Hayworth. Premiere. NR	★★ "The Loves of Carmen" (1948, Drama) Rita Hayworth. Premiere. NR	★★ "The Loves of Carmen" (1948, Drama) Rita Hayworth. Premiere. NR	★★ "The Loves of Carmen" (1948, Drama) Rita Hayworth. Premiere. NR	★★ "The Loves of Carmen" (1948, Drama) Rita Hayworth. Premiere. NR	★★ "The Loves of Carmen" (1948, Drama) Rita Hayworth. Premiere. NR	★★ "The Loves of Carmen" (1948, Drama) Rita Hayworth. Premiere. NR	★★ "The Loves of Carmen" (1948, Drama) Rita Hayworth. Premiere. NR	★★ "The Loves of Carmen" (1948, Drama) Rita Hayworth. Premiere. NR	★★ "The Loves of Carmen" (1948, Drama) Rita Hayworth. Premiere. NR	★★ "The Loves of Carmen" (1948, Drama) Rita Hayworth. Premiere. NR
		HBO Jingle All the Way	★★ "U.S. Marshals" (1998) Tommy Lee Jones. (1) PG-13	Idlewild-Look	When the Levees Broke: A Requiem in Four Acts "Acts III & IV" (N)	When the Levees Broke: A Requiem in Four Acts "Acts III & IV" (N)	When the Levees Broke: A Requiem in Four Acts "Acts III & IV" (N)	When the Levees Broke: A Requiem in Four Acts "Acts III & IV" (N)	When the Levees Broke: A Requiem in Four Acts "Acts III & IV" (N)	When the Levees Broke: A Requiem in Four Acts "Acts III & IV" (N)	When the Levees Broke: A Requiem in Four Acts "Acts III & IV" (N)	When the Levees Broke: A Requiem in Four Acts "Acts III & IV" (N)	When the Levees Broke: A Requiem in Four Acts "Acts III & IV" (N)	When the Levees Broke: A Requiem in Four Acts "Acts III & IV" (N)
		MAX (4:00) The Island	(20) "Rapid Fire" (2005) Jason Gedrick, (1) NR	★★ "I, Robot" (2004, Science Fiction) Will Smith, (1) PG-13	★★ "I, Robot" (2004, Science Fiction) Will Smith, (1) PG-13	★★ "The Island" (2005, Action) Ewan McGregor, (1) PG-13	★★ "The Island" (2005, Action) Ewan McGregor, (1) PG-13	★★ "The Island" (2005, Action) Ewan McGregor, (1) PG-13	★★ "The Island" (2005, Action) Ewan McGregor, (1) PG-13	★★ "The Island" (2005, Action				

BITING THE HAND: Bryant Gumbel, who was scheduled to be the play-by-play announcer for the NFL Network, might have his job offer revoked. Gumbel suggested on his HBO show that NFL commissioner Paul Tagliabue show his successor "where he keeps Gene Upshaw's leash."



Sports

Swengali

REDSKINS | BY MATT SWENSON

Can't Fret Over The Preseason

REPEAT AFTER ME: It's only preseason.

So the Redskins wouldn't be making the Super Bowl of the exhibition season if there were such a thing. But, luckily, there isn't.

Saturday's ugly performance was actually more successful than the first preseason game in August's most important category. No player suffered a major injury — a marked improvement over Clinton Portis' separated shoulder and Shawn Springs' torn abdominal muscle.

Joe Gibbs is openly concerned, and he has a point.

The Redskins looked like they were playing a meaningless game. Of course, that is exactly what they were doing.

"In some ways, Gibbs is probably happy Washington stunk in front of the home fans."

In some ways, Gibbs is probably happy Washington stunk in front of the home fans this weekend.

It gives him the perfect opportunity to crack the whip at practice this week. No one will be talking Super Bowl after two straight weeks without a touchdown by the first-team offense.

With the players' egos in check, the coaching staff can be really effective in stressing the sort of precision needed to become a championship team.

When the games matter, Washington will look like a real team.

In the meantime, the squad should be grateful that only their egos were bruised at FedEx Field.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Collins Is Perpetually Second to One

The career backup QB is like another coach — and a healing potion

REDSKINS | Todd Collins ought to market himself as a human healing potion for starting quarterbacks.

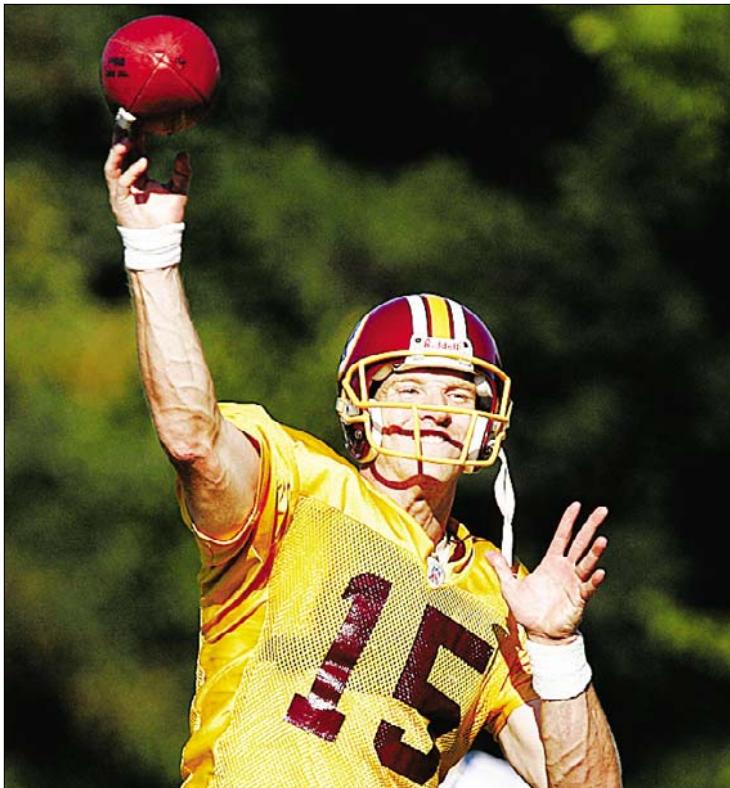
Trent Green? His future was in doubt when he blew out his knee in St. Louis, but he didn't miss a start in five years once he got to Kansas City — where Collins was his backup.

Elvis Grbac? The healthiest, most productive stretch of his career was 1999-2000, when he missed only one start — with you-know-who on the depth chart behind him.

Now Collins has joined the Washington Redskins. Mark Brunell, this could be your key to an injury-free season.

Whether he likes it or not, Collins has become the consummate career NFL backup, the guy with the immaculate uniform always standing near the coach on the sidelines, maybe holding a clipboard or wearing headphones and occasionally whispering a token word of observational wisdom.

"He's like a coach," Gibbs said. "He's very bright."



BACK THAT THING UP: Todd Collins is battling with Jason Campbell in practice and preseason games for the job of backing up starting quarterback Mark Brunell.

But can Collins play? No one is really sure anymore. He was thought to have potential when he was a second-round draft pick by Buffalo in 1995. He started 13 games in 1997 and had a so-so sea-

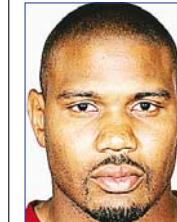
son — 12 touchdowns, 13 interceptions and a 69.5 rating — but was cut at the end of training camp the following year.

Since then, he's been a player seen almost exclusively in the preseason,

'SKINS SPOTLIGHT

Manuel White

SECOND YEAR, FULLBACK



The fourth-round pick has had a rough time so far in the NFL. He suffered a leg injury and spent 2005 on IR. Now he must compete at the logjammed fullback position with Mike Sellers and fellow sophomore Nemo Brogdon. White has the talent for the job, however, according to Al Saunders: "He's got great size, he can run, and it's what he played at UCLA. Right now, we're pleased with what we're seeing." JOE TAUKE

and his performance in this year's exhibition games will determine whether he or Campbell will be the Redskins' No. 2 quarterback.

His last chance to make his case for No. 2 will likely be Saturday at New England, when he will follow Brunell and play with the second-teamers.

Collins, though, wants to be better than No. 2. He wants to end his career as a starting quarterback, but he knows his chances are running out. JOSEPH WHITE (AP)

Tagliabue Thinking Outside the NFL

After 17 years, league commissioner is finally ready to part ways

FOOTBALL | After 17 years, Paul Tagliabue is more than ready to move on.

"I'm glad it's over," the outgoing NFL commissioner said Monday. "It's the right time."

His relaxed posture at the head of a conference table said as much. So did his hour-plus interview at league headquarters with nine reporters, one of his longest media sessions during his tenure.

Tagliabue will leave office in 10 days — Roger Goodell, currently the league's chief operating officer, will take over at 6 a.m. EDT



Tagliabue said his main role is to disappear and let Roger Goodell do his job.

Sept. 1. And no, neither Tagliabue nor Goodell will be in the league's New York office at the hour.

Tagliabue reminisced about his tenure, some of it in nostalgic col-

loquy with reporters who have covered him since before he was the commissioner. In all, he spent 37 years with the NFL, choosing in 1969 to join the league as outside counsel rather than taking a job in the White House — he had worked in previous years as a lawyer at the Pentagon.

Tagliabue, who will go on a trip to Bhutan and China after he steps down, will remain as a consultant for the league for two more years.

"I think my main role is to disappear," he said. "I think generally the best way to run an organization is for the person who's running it to be in charge and for the people who have had responsibility for running it previously to disappear for the most part." DAVE GOLDBERG (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) Nationals starter Jason Bergmann will make his third start for the club when the Nats play the Marlins.

ORIOLES (7 P.M. ON COMCAST) The Orioles kick off a three-game home series against the Twins by putting Rodrigo Lopez on the mound.

BASKETBALL (6:30 A.M. ON ESPN2) So far, so good for the U.S. men's national team. They're in Japan, taking on Slovenia, at the World Championships.

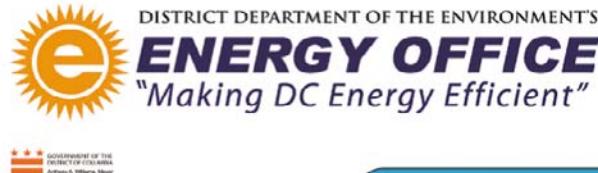
LITTLE LEAGUE (11 A.M. ON ESPN2, 1 P.M. ON ESPN, 3 P.M. ON ESPN, 6 P.M. ON ESPN2, AND 8 P.M. ON ESPN2) The 6-foot-8, 12-year-old first baseman from Saudi Arabia plays at 6 p.m., but there are games all day in Williamsport.

WNBA (10 P.M. ON ESPN2) It's win or go home for the L.A. Sparks and the Seattle Storm in their first-round playoff series.

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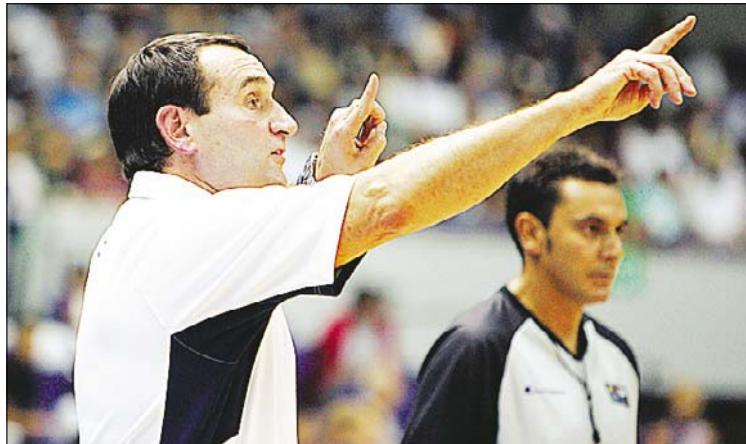
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Sports



POINTING FINGERS: U.S. national team coach Mike Krzyzewski is trying to change his team's habits to get them to play harder, but for much shorter periods of time.

U.S. Coach Wants Even More Energy

Krzyzewski is dividing up playing time to get the most from his stars

BASKETBALL | U.S. coach Mike Krzyzewski wants his squad to play even harder after two wins at the world basketball championships.

Krzyzewski essentially has divided the players into two teams, and he's asking each to go all out for 20 or so minutes.

The idea is to wear down the opposition, while spreading playing time and scoring. International games have 40 minutes of regulation, and Krzyzewski is convinced his players can keep up the faster pace across two weeks of tourney play.

"We played more like the way I would like to play, and the way our guys would like to play," Krzyzewski said. "They're not fighting it. Am I going to play 48 minutes tonight, or am I going to play 20? If we can get them to think they're playing 20, then we're going to be a better team. It's a matter of habits changing."

So far, it's working.

The U.S. opened the tournament with victories against Puerto Rico and China and was to play Slovenia early Tuesday morning. The U.S. then will face Italy and Senegal in group play before advancing to the single-elimination quarterfinals this weekend in Saitama, Japan, outside Tokyo. ANDREW BAGNATO (AP)

MLB

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Yankees	74	48	.607	—	39-23	35-25
Boston	69	54	.561	5.5	39-23	30-31
Toronto	66	58	.532	9	38-24	28-34
Baltimore	55	69	.444	20	32-32	23-37
Tampa Bay	49	75	.395	26	31-30	18-45

CENTRAL

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	79	45	.637	—	38-22	41-23
Chicago	73	50	.593	5.5	41-23	32-27
Minnesota	72	51	.585	6.5	44-20	28-31
Cleveland	56	67	.455	22.5	32-30	24-37
Kansas City	45	81	.357	35	28-35	17-46

WEST

WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	70	54	.565	—	36-26	34-28
L.A. Angels	66	59	.528	4.5	31-28	35-31
Texas	65	60	.520	5.5	31-31	34-29
Seattle	56	68	.452	14	31-29	25-39

NATIONAL LEAGUE

EAST

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	75	48	.610	—	38-22	37-26
Philadelphia	61	62	.496	14	33-35	28-27
Atlanta	58	65	.472	17	25-31	33-34
Florida	57	66	.463	18	28-30	29-36
Washington	54	70	.435	21.5	30-30	24-40

CENTRAL

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	66	57	.537	—	35-24	31-33
Cincinnati	64	60	.516	2.5	33-32	31-28
Houston	59	65	.476	7.5	34-31	25-34
Milwaukee	59	65	.476	7.5	36-26	23-39
Chicago	53	70	.431	13	26-33	27-37
Pittsburgh	47	77	.379	19.5	32-30	15-47

WEST

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Dodgers	66	58	.532	—	39-26	27-32
Arizona	62	62	.500	4	30-31	32-31
San Diego	62	62	.500	4	30-36	32-26
Colorado	59	65	.476	7	32-29	27-36
San Fran.	59	65	.476	7	32-30	27-35

Standings through Aug. 20's games



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Sports

Yankees Massacre Boston in 5 Straight

2-1 victory caps off a series sweep at Fenway for the AL East leaders

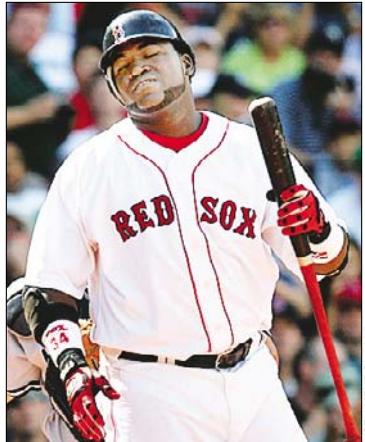
BASEBALL | The New York Yankees celebrated in the dugout as if they'd just clinched a playoff berth.

In a way, they've done everything but.

Hugging and shaking hands after a demoralizing five-game sweep of the rival Red Sox, the Yankees took a season-high 6 1/2-game lead in the AL East with a 2-1 victory over Boston on Monday. The Yankees hadn't swept Boston in five games in more than half a century.

"A sweep in Boston?" winning pitcher Cory Lidle said, pausing before breaking out in a big smile. "Pretty awesome."

After outscoring the Red Sox 47-25 in four games over three days and two early mornings, the Yankees rediscovered their pitching to win the series finale at Fenway Park.



David Ortiz reacts after striking out in the seventh inning of Monday's game.

"Everything went about as wrong as it could," Red Sox manager Terry Francona said.

Lidle (2-2) pitched six shutout innings in his third — and best — start since coming to New York at the trading deadline along with more-heralded slugger Bobby Abreu. JIMMY GOLEN (AP)

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The number of career doubles titles won by Martina Navratilova, after her 6-1, 6-2 win on Monday. Navratilova, 49, plans to retire for a second time after this month's U.S. Open.

Sports

Ryder Cup Team Finalized

Captain Lehman picks Cink and Verplank for final 2 roster spots

GOLF | Tom Lehman sorted through numbers on a chart and the feeling in his gut, trying to decide which two players would help the United States end a dozen years of European dominance in the Ryder Cup.

He simply wanted the best, and picked up some experience along the way.

Lehman chose Stewart Cink and Scott Verplank as his two captain's picks Monday morning, leaving Davis Love III at home for the first time since 1993 and raising questions about how much winning really mattered in the selection process.

"I think what I'm wanting more than anything is a team that is just tough — strong guys that will never give up," Lehman said. "And it came down where Scott Verplank and Stewart Cink made their decision for me."



ON THE BALL: Stewart Cink has had three top-five finishes in the last few months, but he was still a surprise pick for the Ryder Cup team, as was Scott Verplank.

Cink, 33, was one of the few wild-card selections who showed signs of life over the last few months, with three finishes in the top five to climb to No. 12 in the standings.

The 42-year-old Verplank was a mild surprise after missing the cut this week at the PGA

Championship.

The 10 who qualified during the two-year process were Tiger Woods, Phil Mickelson, Jim Furyk, Chad Campbell, David Toms, Chris DiMarco, Vaughn Taylor, J.J. Henry, Zach Johnson and Brett Wetterich.

DOUG FERGUSON (AP)

Jones Speaks About Doping Charges

TRACK | Marion Jones broke her silence on her positive doping test for the synthetic hormone EPO Monday, saying she was shocked and wants the second sample examined quickly.

The five-time Olympic medalist and four-time world champion released a statement through her

new attorney, Howard Jacobs, who has represented many athletes in doping cases, including Jones' former boyfriend Tim Montgomery.

"I was shocked when I was informed about the positive 'A'

sample," she said. "I have requested that the testing of my 'B' sample be expedited and done as soon as possible."

Jones' positive test came June 23 at the U.S. Outdoor Track & Field Championships, at which she won the 100 meters. BOB BAUM (AP)

Drugs "R" Us: Even though it's the time of undetectable designer steroids, athletes appear to be turning to old-school doping methods. Why? | Today's Post, Sports



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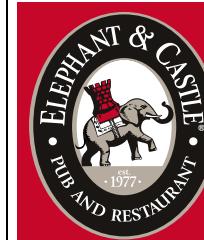
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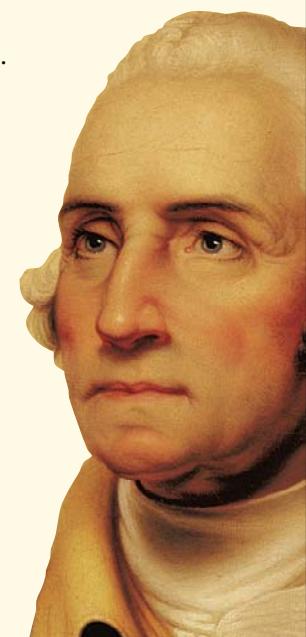
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FALL ALLERGY RESEARCH STUDY

**PLEASE VOLUNTEER FOR A STUDY OF AN
INVESTIGATIONAL ALLERGY MEDICATION.**

**Compensation up to \$300.00
available to qualified participants.**

INTERESTED?

Please call: Julie at 301-962-1610

FREE PARKING & METRO ACCESSIBLE



THE INSTITUTE FOR ASTHMA AND ALLERGY, P.C. | WHEATON, MARYLAND

Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

adolescent depression

**Does this sound like your
12-17 year old child?**

- doing poorly in school
- crankiness
- sadness or anger
- loss of interest in normal activities or friends

It may be more serious than you think.

He or she may qualify to participate in a
research study for adolescent depression
being conducted by CCRA.

Children who qualify will receive study
related examinations, lab tests, and medication
at no cost from a doctor who specializes in
adolescent depression. Health insurance is not
needed to participate.

For more information, please call:

301-770-7375

CAPITAL CLINICAL RESEARCH ASSOCIATES

MASSAGE

Treat yourself to a therapeutic
massage & experience total
relaxation. **We come to you.**
HOURS: 10am - midnight
Call 1-866-710-3553

VOLUNTEERS ARE NEEDED FOR STUDY ON CHEESE EATING.

Volunteers will be paid \$100 for com-
pleting the study on September 14,
2006. Study will require eating 2 meals,
consisting of only cheese; remaining at
the center for 8 hours, and having blood
samples drawn. Please contact:
202-686-2210 ext. 368 or
bhuang@pcrm.org.

is it logical
to love?

play
su | do | ku

The fun addictive logic game—every day!

XX141d 1x1

COPD?

(otherwise known as Emphysema or Chronic Bronchitis)

Individuals ages 40 and older are needed for a clinical research study of an investigational medication. Study related medical evaluations provided at no cost and subject compensation for time and travel up to \$555. This is an 11 visit, 52 week study.

PLEASE CALL: Kim at 301-962-1607
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Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

Worried? Anxious? Tense?

If you feel this way more days than not for a period of six months or more, you may have Generalized Anxiety Disorder and may qualify for this research study. Participants will receive study-related medical care at no cost.

Give us a call
CAPITAL CLINICAL RESEARCH ASSOCIATES

301-770-7375 

ASTHMA & ALLERGIES?

CLINICAL RESEARCH STUDY OF THE INVESTIGATIONAL USE OF MARKETED MEDICATIONS. STUDY RELATED EXAMS AT NO COST.

AGES 15 AND OVER. STUDY LENGTH 5-6 WEEKS.

COMPENSATION FOR STUDY PARTICIPATION.

PLEASE CALL: Kim at 301 962 1607
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Roberta Haber, PhD CCH

Use Hypnosis & Achieve Your Goals
Board Certified Clinical Hypnotherapist
Washington DC 202-297-4430

BODY WEIGHT AND INSULIN STUDY

Research study examining stress responses to exercise in African Americans and Caucasians. Ages 18-45. Volunteers will be compensated.

USHS Bethesda, MD

CALL: 301-295-1371
humanperformancelab@ushs.mil

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Hot Flushes?

The search is on for new ways to treat hot flushes without hormones.

Learn more about a research trial.

To qualify, you must be generally healthy, have multiple daily hot flushes with sweating, and be at least 6 months since your last menstrual period.

Qualified participants will receive study-related medication, examinations and laboratory tests at no charge, and compensation for time and travel.

Call us now at 301-231-9011
for more information about this study.
www.dupontclinicalresearch.com

Diarrhea Associated Irritable Bowel Syndrome (DIBS)

We are conducting a study at an investigational medication for DIBS. If you have experienced diarrhea-associated IBS during the past year and are 18 years of age or older, you may be eligible to participate.

STUDY REQUIREMENTS:

- You're at least 18 years of age
- Have had DIBS for at least one year
- Currently are not having relief/control of your symptoms of abdomen pain and bloating (which include gas, swelling of abdomen, fullness or bloating)
- Are willing to make approximately 10 visits to the doctor's office over a 17 week period

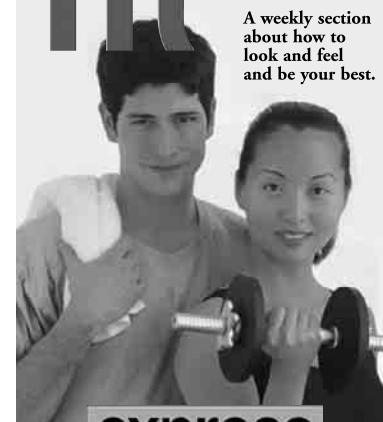
Study-related care and study medication may be provided to qualified participants at no cost to the participants or their health insurance.

If you are interested in discussing this study further, please contact:

Mary Ellen Royalty, RN
Capital Gastroenterology Consultants, P.A.
301-681-3329

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**express**

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Healthy Adult VOLUNTEERS NEEDED



HIV is a global epidemic. Currently, 42 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2003, 5 million people were newly infected with HIV, equaling about 14,000 infections each day. Approximately 11 of every 1000 adults aged 15 to 49 worldwide, are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy US citizen between the ages of 18-49, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

301-251-8351

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express

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VOLUNTEERS NEEDED!!

Investigational Malaria Drug Study Minutes from the Medical Center Metro Station in Bethesda

Located: On the campus of the National Naval Medical Center.

WHO: Healthy men and women 18-55 years of age

HOW: 1 screening session, 1 pre-admission session, a 5-day inpatient stay and 3 outpatient visits.

Compensation provided

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Neurology

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Do you suffer from the urge to move your legs along with creeping, crawling, tingling sensations that tend to get worse towards evening? Do these symptoms tend to occur at least 3 times a week? Are you 18 years of older?

If so, you may qualify for the Rise and Shine clinical study researching a new investigational treatment for Restless Legs Syndrome (RLS).

There is no cost to you for participating and you will be compensated for your time and travel. Please call today instead of restless nights, you've got a chance to rise and shine.

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Min 3 yrs of progressive secretarial exper. Must have excellent office management and communications (verbal & written) skills. Ability to work independently with minimum supervision and within established deadlines. Must be proficient in Word and Excel. 2 blocks from Takoma Metro station. Salary negotiable. Benefits. EOE. CALL 202-882-7648.

ADMINISTRATIVE ASSISTANT

Administrative Asst needed to provide support in the management of scheduling activities in the Ofc. of the President. This position is responsible for writing and finalizing correspondence for the Ofc. of the President, & assisting the Executive Assistant to the President.

This position requires at a minimum, a bachelor's degree & 3 yrs of responsible admin. work exp. In lieu of these requirements, a successful applicant must have 7 yrs of progressively responsible admin work exp. Excellent oral, written & interpersonal skills, flexibility in work hrs, detailed oriented, ability to perform assignments quickly & efficiently, & an impeccable record of integrity are mandatory. The position offers a salary commensurate w/ exp & a comprehensive benefits pkg. Candidates should submit resume, 3 employment references w/ phone numbers and a cover letter which includes salary requirement, post marked, by **August 26, 2006** to Ms. Veronica Showell, Howard University, Office of the President, 2400 6th Street, NW, Suite 402, Washington, DC 20055.

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DARCARS is currently seeking energetic, career minded professionals to join our growing sales team at locations in the DC area. **Experience not required** - we will train in our state of the art training facility! In addition to our aggressive pay plan, we offer:

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Apply in person, at DARCARS of Silver Spring 12214 Cherry Hill Road, Silver Spring, MD 20904 (at the corner of Rt. 29 and Cherry Hill Rd.). Contact: Shannon Ryan at (301) 622-0020 or sryan@darcars.com for more info or to schedule an interview.

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AUTO SERVICE MANAGER For Rockville station. Gas station exp. pref. Great pay & benefits! Call 301-529-0990

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Family owned Tysons auto dealership searching for P/T Cashiers. Shifts M-F, 10am-3pm or 2:30pm-7:30pm. Rotate some Saturdays 8am-1pm.

CALL 703-893-2990 ext 103 or

FAX resume to: 703-760-8638.

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FCU near King St. Metro seeking FT Tellers. Prior banking exp. pref'd. Must be detail oriented. Good oral & written communication skills, good credit rec'd. FAX resume to: 571-273-0191. EOE.

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Nail Tech needed. ONLY \$100/wk booth rent!!

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Interior trim. MUST have tools & transp. Must know how to build & install rails. Exper. necessary. Bilingual a plus. CALL 540-752-6904.

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FT & PT Drivers with clean record.

Call Mon-Wed., 12-5: 202-298-9144

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CONCRETE FINISHER

Growing Civil Contractor is seeking an experienced Concrete Finisher. Must have a clean driving record, able to pass a drug test. Must have 3+ yrs exp. Competitive pay, medical & 401K. Fax resume to 678-623-3250 or call 703-481-2234

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CRANE OPERATOR

Experienced Operators Needed!

C.A. Murren & Sons is currently seeking an experienced crane operator to work in the D.C. area. Must have concrete experience. Great pay and benefits. 703-481-2234

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Will train. Valid lic. Lif over 50lbs. Stable work history. DC Residents only. CALL: 202-248-0092 FAX: 202-248-0178 EMAIL: careers@netsystems.ws

CONSTRUCTION

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For interior trim. Must be fully insured, know how to build & install rails. 540-752-6904.

JOBS

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PIPE LAYERS

Growing Utility Contractor is seeking experienced Pipe layers. Must be able to pass a drug test as well as having experience laying underground Utilities. Competitive pay, medical & 401K. Fax resume to 678-623-3250 or call 703-481-2234

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LABORS—needed \$9/hr is Arlington, VA. Start immediately. Call Tyler 478-244-9009 4 months of work.

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Wanted for established family in DC and Palm Beach. Call 703-922-4656 with references. Benefits. Must have citizenship or green card.

COUNSELORS-LIVE-IN

EBED is looking for a live-in staff with patience & exper. to work w/MR mother & 3 mos. infant. If interested, please FAX resume to: 301-306-6772.

COUNSELORS

Youth/Recreation, Boys & Girls Group Homes, PG County, flex hrs. Fax resumes to 301-562-9377. EOE.

Customer Service

Card Key Representative

Datawatch Systems, Inc., a Bethesda based national access control company, has immediate openings for FT Card/Key Representatives. Individuals will work 10-6pm M-F. Detail oriented individual with customer service, telephone, and data-entry experience required. Metro accessible. Top wages and benefits. Call Betsy Carlin 301-280-4251 for additional information DCJS #11-2294.

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A leading national trade association is seeking an experienced IT Report Specialist for its IMS CRM database to write and program reports using advanced Crystal Reports skills. Must be able to pull lists, create custom forms, train staff on basic database functions, perform mail-merges and de-dupe and maintain daily database workflow. Salary from 42K based on experience. Send resume to washingtontdcjobs@yahoo.com

Dental Appointment Coordinator: F.T. We seek a very special person with superior communication skills to join our enthusiastic, warm and very dedicated dental team located in Old Town Alexandria. If you are detail oriented with computer and dental experience you will love this pleasant and professional work environment. Dentrix training a plus. Excellent salary and benefits for the qualified applicant. Fax resume to 703-997-0885 or call 703-836-1669 ext. 201.

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PG. Co. dental office. Must be perio-focused. FT/PT. FAX resume: 301-735-6166.

DENTAL OFFICE MANAGER

For mtvernondentalcare.com
Salary commensurate w/exp.
Fax resume to 703-360-6083

DENTISTS & DENT. HYGIENIST NEEDED

FT/PT position for general Dentist in Baltimore, Jessup, Hagerstown & Cumberland. Hygienist position available in Jessup. Correctional institutions with mostly daytime hours. Benefits inclusive of leave, health & retirement. Pre-employment screening & criminal background check will be required. Interested parties should fax resume to: 410-664-2560 or email: msmc1981@comcast.net

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Engineering

Heat Pump Technician

Refrigeration mechanic or heat pump technician needed for large commercial property in Georgetown. Candidate must be proficient in diagnosing and repairing problems in heat pumps & air handlers. Requires replacing compressors up to 10 tons, as well as other building engineering duties. CFC certification required. Previous commercial building experience a plus. Health care, 401K, vacation, paid parking, uniforms provided. Fax resumes to: 202-295-5003

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' Capitol Hill State Farm office has opening for Policy Service Specialist. Exp. pref'd but not req'd. Salary & benes. negot. EMAIL resumes to: jpoldoy@comcast.net OR FAX: 202-544-1149

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BUILDING ENGINEER

Montgomery County Co. seeks engineer to run several buildings. Applicant must have experience working with boiler and chiller systems. Good pay and benefits package. Please email resume to chutchinson@redcoats.com or fax to 301-718-7782.

MANAGER — for Bus Fleet. min. 5 yrs exp. in Fleet operations, must have computer skills & supervisory exp. Call 202-636-9203

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RELIABLE Mechanic, busy shop Mon-Fri only, great benefits. Call 301-279-9451

MEDICAL RECEPTIONIST

Bilingual Spanish. For DC office. Please fax your resume: 540-338-1975; email: medicsusa@aol.com

Meetings:

Govt Mtg Plan — Min. 5 yrs exp. Wrk w/govt contracts and svc oriented. Self-starter arter w/multi tasking skills & the ability to work on own & meet strict deadlines. Exp w/site selection, developing mtg mtrls, coord registration & hotel rsts., providing on-site support, & handling daily correspondence w/vendors & clients. Flexibility for tvl & OT req. For consideration please fax resume to (703) 518-0277.

MENTAL RETARDATION

Residential Manager

FT. Manage & supervise houses for DD adults. BS deg. w/2 yrs. DD exp. Must have supervisory exp. w/gd driving rec. & valid driv. lic. Fax resume to HR, 301-918-9758. EOE.

MENTAL RETARDATION

RESIDENTIAL COUNSELORS

Must be fluent in ASL. All shifts available. Exper with DD adults preferred. Valid driver's license & good driving record req. Fax resume to HR, 301-918-9758. EOE.

MENTAL HEALTH

Commun. Resource Spec

FT, BA Degree in Human Service field pref. Relevant work exp. may be substituted for degree. Must have exp. with adult with chronic mental illness. ASL skills pref. Good driving record and valid driving license req'd. Fax resume to K. Bell 301-918-9758. EOE

Mental Health INTAKE SPECIALIST

FT for OMHC Laurel LGSW/LGPC. Must have excellent telephone skills. Fax resumes to M. Mitchell 301-317-5632

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Live-in/out, Non-smoking, Mon-Fri, 2 school kids & toddler (girls) driving & light housekeeping. Call 301-869-8673.

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FT/PT RN, LPN or MA needed for busy allergy ofc. located in MD/VA. Great pay, benefits. Transportation necessary. Job includes some weekend hrs. Please fax resume: 703-938-9391.

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LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Food

Salad bars are in and pizza is out as colleges fight the 'Freshman 15'

Sunny Dawson ran two miles every other day when she started her freshman year at the University of Southern California. But the lure of the cafeteria near her dorm became too much to resist.

"Everyone I know went crazy. 'Oh my God, pizza. Oh my God, ice cream,'" she said. Dawson soon stopped running and "started piling up the food in the cafeteria."

By Christmas break, the 5-foot-10-inch native of Haleiwa, Hawaii, had gained 10 pounds.

"I realized I don't have to be a victim of this and started making better choices," she said. "I ate a lot of salads and cut out sodas altogether. By spring break, I was normal again. I was stoked."

As high school graduates start college this month and next, universities are offering a range of tools to help them avoid Dawson's mistake. While experts say the so-called "Freshman 15" is usually only 5 to 7 pounds, it's a common experience for many college newcomers.

“A lot of kids really don't have a clue of what they're not supposed to eat and what constitutes a healthy diet.”

JENNY FAVRET
DUKE UNIVERSITY

ers faced with unlimited cafeteria food, late-night pizza binges and snacking that comes with irregular student schedules.

"The patterns and the habits that students get into in the first two to three months of school is what tends to carry them through the rest of their time on campus," said Jen Ketterly, nutrition and fitness coordinator for campus health services at the University of North Carolina at Chapel Hill.

At nearby Duke University, the private college of about 6,000 undergraduates offers an interactive nutrition workshop for freshmen with eating problems. It includes tips for quick, healthy meals in the dorm, and how to eat the right way in an all-you-can-eat dining hall.

"A lot of kids really don't have a clue of what they're not supposed to

INSIDE

It's time to rebalance your fall style | 35



SALAD DAYS: Universities like Missouri are offering more healthy food options.

Green is Good

eat and what constitutes a healthy diet," says Jenny Favret, the nutrition manager at Duke's Eating Disorders Program.

The problem isn't always weight gain: Some new students lose weight because they're no longer getting three meals a day from Mom and Dad.

"Oftentimes students have a very

difficult schedule. They don't have enough time to eat [properly], so they eat a lot of snacks," said Joshua Solano, 20, of Florida, who'll be a junior at Duke this year.

Campus cafeterias have improved their menus over the years and now offer more healthy choices, such as salad bars, said Kim Duke, director of the Wellness

Resource Center at the University of Missouri-Columbia.

"Then the issue is how to educate students on how to make the right choice," she said. At Missouri, students are trained to make presentations to their peers at residence halls, fraternities and sororities on eating healthy, handling stress, exercising and generally leading a healthy lifestyle, she said.

Social pressures also often intensify at college, where students have more opportunity to compare themselves with each other because they spend so much time together, officials at several schools said. The super-fit bodies that saturate TV shows and commercials can exacerbate such problems.

At Southern Cal, there are seminars for freshmen taught by USC professors that deal with messages that can lead to damaging self-images. One such class — "Impossible Bodies: Plastic Surgery as a New Social Problem" — explores the relationship between viewing plastic-surgery reality shows and dissatisfaction with a particular body part.

Dawson, a 19-year-old business major entering her sophomore year, will lead a program for about 65 of her fellow dorm residents — mostly freshmen — on making healthy living choices. It will include exercising together and tips on healthy eating, she said.

"A lot of freshmen," she said, "just don't know what they're getting into right now." STEVE HARTSOE (AP)

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United Over Abortion

Birth Control

Unlikely allies push against procedure in inner-city campaign

On a street once known as Murder Row, a teen center founded to steer youths away from drugs and crime has become an outpost in another crusade — a nationwide push by anti-abortion activists to expand their foothold in heavily black and Hispanic inner cities.

The campaign involves crisis pregnancy centers, whose counselors seek to dissuade women with unplanned pregnancies from having abortions. There are more than 2,300 centers across America, yet relatively few in inner cities where abortion rates are typically highest.

Now the two largest networks — Care Net and Heartbeat International — have launched initiatives to change that equation. Their sometimes awkward efforts rely on unlikely alliances,

“When she breaks down and cries, do you think she cares if I’m white?”

JANET DURIG

CAPITOL HILL CRISIS PREGNANCY CENTER

as an anti-abortion movement led mostly by conservative, white Republicans interacts with overwhelmingly Democratic, black communities.

“This crusade has been very difficult — having to educate community leaders as to what’s really going on without being offensive, without having a political agenda,” said Lillie Epps, the only black member of Care Net’s senior staff and director of its Urban Initiative.

In Washington, the key players say all has gone smoothly in a year-old partnership between a Care Net affiliate, the Capitol Hill Crisis Pregnancy Center, and a teen center in Anacostia called The House DC. During the school year, Capitol



MANUEL BALCE CENETA/AP

Janet Durig, executive director of the Capitol Hill Crisis Pregnancy Center, right, and volunteer Helena Coleman-Alston, counsel teens on pregnancy control.

Hill volunteers come to The House to counsel girls from nearby Anacostia High School.

About two miles from The House, the Capitol Hill preg-

nancy center is in its 21st year of operation. Its six-member board, executive director and most of its volunteers are white, but 89 percent of its clients are black.

Yet the director, Janet Durig, said she and her white colleagues don’t feel like outsiders. She evoked the image of a pregnant black teen, abandoned by her boyfriend, coming in for counseling. “When she breaks down and cries, do you think she cares if I’m white?” Durig asked.

Critics contend that pregnancy centers routinely mislead women seeking neutral advice on their options. Skeptics also argue that the same white conservatives supporting urban anti-abortion initiatives oppose other social policies that might help minority single mothers and their children.

According to the Alan Guttmacher Institute, black women are almost four times as likely as white women to have an abortion, and Hispanics are 2.5 times as likely.

Care Net says it has opened 13 urban centers since 2003, with 15 more under development in Atlanta, Chicago, Detroit and elsewhere.

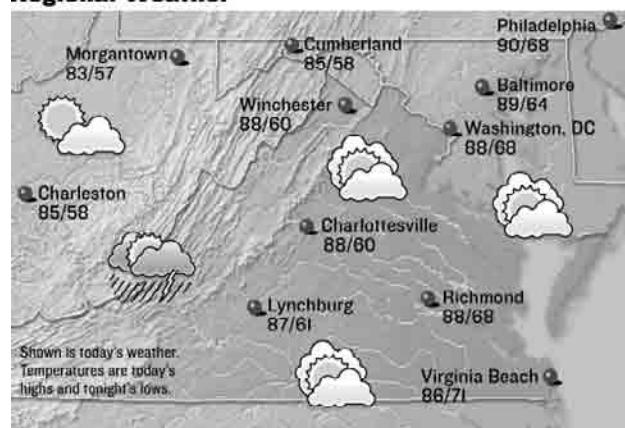
In central Houston, there had been no full-fledged pregnancy center until 2004. While many of the Fifth Ward Pregnancy Help Center’s financial backers and volunteers are from white areas, its executive director, Sylvia Johnson, is black.

“This is hard territory,” she said. “We try to be nonpartisan, to let our service speak for itself. We can’t fix all the problems.” DAVID CRARY (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny, warm 88°	Partly cloudy 68°	Mostly sunny, warm 88° / 66°	Mostly sunny, not as warm 82° / 70°	Partly sunny, warm 88° / 70°	Partly sunny, warm, humid 88° / 72°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	86°
Low	66°
Normal high	86°
Normal low	68°
Average humidity	48%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.96"
Normal month to date	2.31"
Year to date	29.61"
Last year to date	29.11"
Normal year to date	25.13"

Forecasts and graphics provided by AccuWeather, Inc. ©2006

Regional Forecast

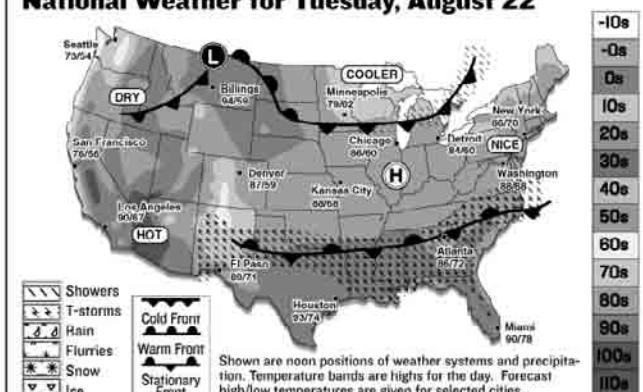
D.C. Metro: Today, mostly sunny, warm. High 88. Wind southwest 4-8 mph. Tonight, partly cloudy. Low 68. Wind west-northwest 4-8 mph.

Sun and Moon

Sunrise today	6:28 a.m.
Sunset tonight	7:54 p.m.
Moonrise today	5:05 a.m.
Moonset today	7:38 p.m.



National Weather for Tuesday, August 22



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	86/72/t	90/72/t	Amsterdam	68/58/sh	68/57/pc
Boston	86/64/s	78/56/s	Athens	96/76/pc	90/73/s
Chicago	86/60/pc	84/63/pc	Berlin	70/56/sh	68/54/c
Dallas	96/76/t	93/77/pc	Buenos Aires	64/45/s	66/48/s
Denver	87/59/s	94/62/s	Calgary	85/50/t	74/48/pc
Honolulu	89/74/s	88/75/s	Dublin	66/55/sh	64/48/sh
Los Angeles	90/67/s	88/67/s	Geneva	70/54/sh	70/50/pc
Miami	90/78/t	89/78/t	Moscow	73/57/sh	68/55/sh
New York City	86/70/s	84/66/s	Rome	86/64/s	86/64/s
Orlando	91/73/t	91/75/t	Sydney	70/50/s	66/48/s
Seattle	73/54/pc	71/54/pc	Tokyo	86/77/t	84/77/t

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sn=snow, i=ice.

Styles

Look out

The Shape of Things

Toss the bootcut jeans: The look for fall is big on top, small on bottom

The fashion industry apparently is ready to forget and forgive: Longtime nemesis The Legging has been welcomed back by women who are changing their uniform to tunic tops and slim bottoms. It started on the runways, with Ralph Lauren showing loden green knit leggings under a cozy cable-knit wrap and Derek Lam pairing gray ones with a trapeze-shaped coat.

Next came the Hollywood starlets, such as Lindsay Lohan, who was photographed in knee-length leggings and a baby-doll top. And even though it's still summer, women on the streets of New York already are covering up their fresh-from-vacation tans with leggings.

The look marks a striking shift in proportion and shape than what we've become used to over the past few years, though, in retrospect, the popularity of skinny jeans last spring should have been a clue this was coming.

Actually, this fall's fashion plate largely mimics an old one — the shoulder-padded power woman who stomped through the 1980s in skinny pants and high-heel pumps. This time around the style is softer, with chunky sweaters instead of double-breasted blazers over the tapered trousers.

"This is the most interesting season we've seen in a very long time," says Sally Singer, Vogue's fashion news director. "Over the past few years, the changes that have come through fashion have been about refining bourgeois elegance, asking 'What defines

File
UNDER
Fad



This look from Lucy Sykes New York uses a wide belt to narrow the waist and slim jeans to balance volume.

Styles



RICHARD DREW/AP

Ralph Lauren uses big shoulders to contrast with slim pants.

a lady? Is it attention on the waist or trims like ribbons or crystals? This season is a fundamental change in how you're going to get dressed in the morning."

Voluminous tops and skinny bottoms are tricky. Done the right way, an outfit can be flattering, lengthening the body and providing camouflage in the middle. Done the wrong way, you risk a stuffed-sausage look.

But fashion insiders insist that, overall, it's not a difficult look to wear.

"It's a great look for women of all sizes, particularly bigger women," says Stephanie Solomon, fashion director for Bloomingdale's. "We tend to be fuller around the hips and derriere. This is a look that hides all that. More women have good legs — believe it or not — and this lets us show them off."

If you're wary about slim pants and a tunic — often offered in a clingy jersey or tight-weave knit — a coat is an alternative to get the volume that is the core of the look, suggests Bloomingdale's Solomon. You could even wear the coat and either a cardigan or tunic under it, she adds, because there is literally more room in this silhouette. SAMANTHA CRITCHELL (AP)

Beauty



Rub in Good Skin

Remember when all you needed for your skin was soap? No more. New to the speciality skin-care genre is the ELEMIS system; Daily Redness Relief (\$79, timetospa.com), Daily Shine Control (\$65) and SOS Emergency Cream (\$79). The Redness Relief cleared up minor ruddiness in a matter of days; however, it has a powerful floral scent that was a little too grandma for this tester's taste. The Shine Control was a godsend during triple-digit heat; while we didn't test the SOS cream, the brand seems to be cut out for greatness. KRISTEN PAGE-KIRBY (EXPRESS)

Books



Way Beyond Bologna

The first chapter of "SIMPLE ITALIAN SANDWICHES" (\$22, William Morrow) makes the book worth the price. Written by the chefs behind New York's 'ino and 'noteca, the first part covers "condimenti" with recipes for balsamic roasted garlic, peperonata and other spreads and sammich additions. The rest of the cookbook is for the bread-obsessed, covering panini, brushetta and tramezzini, in an attractive, easy-to-understand, picnic-perfect tome. K.P.K.

from readexpress.com

Campaign Signs Trashed

D.C. POLITICS | Looking along the MacArthur Boulevard Northwest route of the D6 bus, it appeared that there were plenty of signs advertising candidates for public office. The trouble was, they weren't on poles; they were in trash cans. Placards touting Marie Johns, Eric Goulet, Paul Strauss, Erik Gaull, Cathy Wiss and others were all casualties. Heading into town on the bus, trash bin after trash bin, with some exceptions, through the Palisades down toward the Georgetown Reservoir, was jammed with discarded campaign signs, a sight that would irk any campaign manager.

As the City Paper's James Jones wrote back in July, "[c]laims of midnight sign-nabbing by thugs from

rival camps are so common in the District that most serious politicos ignore them." And in Ward 3, home to a crowded field of candidates for D.C. Council, there have been similar incidents this summer. One of the incidents, as Jones reported, was tied to city crews removing signs that were obstructing traffic signals. **MICHAEL GRASS (EXPRESS)**

Staying the Course

REDSKINS | It's not a good time to be a Redskins fan. In its first two playoff outings, including Sunday's loss to the Jets, the team has performed miserably, causing some fans to despair. Commenter David Gaines, a Redskins blogger at **DAVIDGAINES.COM/SERENDIPITY**,



MICHAEL GRASS/EXPRESS

SIGNS OFF: In campaign season, you might see trash bins filled with signs.

cautioned everyone not to freak out while reacting to yesterday's Poll Center question about the Redskins' poor preseason: "The Redskins were 5-6 with only five games left in the year last year and not only defied the odds by going to the playoffs; they

even won a game before losing to the Super Bowl runner-ups. Let's not panic yet. ... We'll be all right." **M.G.**

Kids in a Theater

LOCAL BLOGS | Blogger **BEAUTYANDTHEBELTWAY.BLOGSPOT.COM** reports spotting numerous children getting their Friday night "Snakes on a Plane" fix. Despite a sign banning those 17 years old and younger from purchasing tickets after 10 p.m., they tricked Regal Cinemas at Gallery Place into selling them tickets by using computer-operated kiosks. Says the blogger: "... [Y]ou have to give the kids credit for being smarter than the Regal Cinemas gestapo and the local police." **M.G.**

→ Coming Up Today

After reopening to the public two years ago after an extensive reconstruction, Pennsylvania Avenue in front of the White House is looking a little sloppy.

?

Poll Center

TODAY'S QUESTION

Is it time for the U.S. to withdraw troops from Iraq?

1. Yes
2. No

YESTERDAY'S RESULTS

Should fans panic over the Redskins' poor preseason?

NO

YES

58%

42%

As of 5:30 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**



"I find myself wondering whether it's possible to salvage anything at all for the Iraqis from this disastrous situation ... and I'm mad as hell."

POLIMOM.COM SAYS AS RECENTLY AS JUNE THAT THE UNITED STATES CAN'T ABANDON THE IRAQI PEOPLE, BUT NOW HAS A NEW, MORE PESSIMISTIC OUTLOOK ON THE SITUATION.

A Hungry Mime

"... [H]e violently pointed to his wide-open mouth and then after doing that for about 10 seconds he then bent over and clutched his stomach in gripping hunger pains."

MIDDLEOFTHEMELON.BLOGSPOT.COM ENCOUNTERED A PANHANDLER ON NORTH CAPITOL STREET WHO USED CONVINCING MIME TECHNIQUES TO GET MONEY.

"Sure it was my fault ... but no, I had to sit and watch. So yeah, I feel dirty. I feel unclean."

EGOTASTIC.COM WATCHED KEVIN FEDERLINE'S SIGNATURE PERFORMANCE DURING SUNDAY'S TEEN CHOICE AWARDS.



Silver Lining State

"White House hopefuls will now have to memorize the tariff numbers on corn and the average output of a nickel slot machine to be competitive. But, all kidding aside, this is a serious change that mirrors the evolving face of the Democratic party."

BEAUTYANDTHEBELTWAY.BLOGSPOT.COM THINKS PROMOTING NEVADA TO THE SECOND PRIMARY OF THE YEAR WILL BRING NEW ISSUES TO THE FRONT OF THE DEBATE.



An Unforgettable Photo

"While he repeatedly stated that any photographer could have taken that shot, he was glad it was him because his children felt he'd done something worthwhile. Rest in peace, Mr. Rosenthal."

FLORIDA-CRACKER.ORG ON THE DEATH OF AP PHOTOGRAPHER JOE ROSENTHAL AT AGE 94. ROSENTHAL IS BEST-KNOWN FOR HIS PHOTO OF THE AMERICAN CAPTURE OF IWO JIMA DURING WORLD WAR II.

Live Online

Auto Industry

Washington Post business reporter **SHOLAN FREEMAN** was online on Monday at washingtonpost.com to discuss the strong presence of foreign-based automakers in the U.S.

Why should there be concern of foreign automakers if these automakers are building plants here and creating jobs? Over 100K jobs have already been created and about 9,000 more are projected by 2010. It's not like trade with China, where there's a huge trade imbalance.

Detroit automakers say there should be concern because many of the U.S. cars built by foreign automakers still use far more overseas parts and although a number of foreign models are made here, a big number of cars and trucks are imported.

Are American automakers angling for a string of airline-style bailouts over the next few decades?



American automakers are saying very clearly and over and over again that they don't want a bailout. But if they get into deeper trouble in coming years, you can bet that they'll be back in Washington. The argument would be saving American jobs — a very sensitive issue to lawmakers in this city.

OK, GM and Ford claim over and over that their vehicles are just as good if not better than the competition. Put your money where your mouth is. Match the 10/100,000 warranty that Kia gives. That should send a message to the car-buying public.

This point about who makes the best cars comes up again and again. Detroit feels that it has made big strides in quality. But I think most consumers are in your corner.

What was the union's role in this increased acceptance of foreign firms? Do these firms disallow unionization?

These firms have been very cool to unionization. It's one of the reasons they set up shop in southern states. The United Auto Workers union has tried to organize, but failed.

DON'T

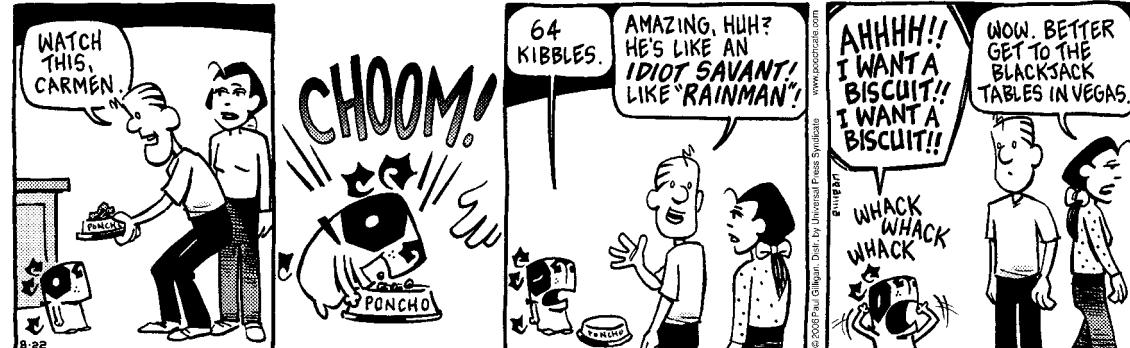
COPY THE ICONS. Sure, they're simple little images, but the tons of icons gathered at intersmash.com are still intellectual property, and we all know how people like to sue over that. Instead, just marvel at how many ways people make a shopping cart icon.

TODAY ON LIVE ONLINE: Neuropsychiatrist Louann Brizendine discusses her new book, "The Female Brain," at 3 p.m. | washingtonpost.com/liveonline

Bizarro | Dan Piraro



Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Cornered | Mike Baldwin



Horoscope

By Stella Wilder

LEO (July 23-Aug. 22) Someone is likely to warn you against something that he or she sees in the future—but can you really rely on such a message?

VIRGO (Aug. 23-Sept. 22) You may become worn down by someone who insists on making things more difficult than they really are. Try to remain lighthearted.

LIBRA (Sept. 23-Oct. 22) You're feeling particularly sociable, but you must take care you don't intrude on a situation in which you absolutely do not belong.

SCORPIO (Oct. 23-Nov. 21) You can't agree with everyone about the state of affairs; you're going to have to choose sides sooner or later.

SAGITTARIUS (Nov. 22-Dec. 21) You can put your foot down and insist on things being done according to Hoyle, or you can encourage experimentation and discovery.

CAPRICORN (Dec. 22-Jan. 19) Something you observe is likely to have you wishing things had turned out differently

for you somehow. You can recapture past glory.

AQUARIUS (Jan. 20-Feb. 18) Concentrate on one thing at a time, and you'll be much easier to get along with—in every situation. Keep your mind open and receptive.

PISCES (Feb. 19-March 20) Communication is the key, and if you're not willing to make the effort, then it's clear you're not interested in enjoying a new success.

ARIES (March 21-April 19) You will find yourself yearning to be elsewhere—and not just around the corner, either, but a great distance from where you are.

TAURUS (April 20-May 20) You're likely to meet up with someone who can make a big difference in your life—if you let him or her. You needn't relinquish all control.

GEMINI (May 21-June 20) That which you're most afraid of can only come to pass if you continue to focus on it so singularly. You can make it happen.

CANCER (June 21-July 22) Quiet time shared with a loved one can be more beneficial to you than you know. You're in need of a little special healing.

Letters

Metro Should Enforce Rules

AFTER RIDING METRO for the past four years, I've had the pleasure of watching people ignore the rules and policies that are meant to promote a clean, courteous and safe riding experience. Recently, however, I witnessed one of the most heinous displays of rude, obnoxious and selfish behavior. In one corner we had one woman slurping from

her mammoth 7-Eleven Big Gulp cup while using the seat next to her as a coaster, making it impossible for anyone to sit next to her. Then I saw woman sprawl herself across both seats of the handicapped/senior section—and when an elderly woman came on the train and stood right in front of her, she just looked up and refused to adjust herself. Instead of working on redesigning rail cars, Metro should invest in employees who enforce its rules.

—APRIL M. GIANCOLA
Alexandria, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1485 England's King Richard III was killed in the Battle of Bosworth Field, ending the War of the Roses.

1968 Pope Paul VI arrived in Bogota, Colombia, for the start of the first papal visit to Latin America.

1978 President Jomo Kenyatta, a leading figure in Kenya's struggle for independence, died; Vice



Ex-Prime Minister and Kenyan President Jomo Kenyatta died today in 1978.

President Daniel Arap Moi was sworn in as acting president.

LOOK out

People

HIDDEN TALENTS

K-Fed Shows Minor Talent as Britney Shows Major Skin

He danced, he clutched his bling, but could he rap? Apparently the answer is "yes." Britney Spears' hubby, **KEVIN FEDERLINE**, capped off the eighth annual Teen Choice Awards on Sunday with an enthusiastic version of his single, "Lose Control," his first time performing on network television. It wasn't genius, but it wasn't half bad, either.

The bigger surprise, however, came in the form of pregnant presenter Spears, who wore a cleavage-baring dress, and introduced her "man" onstage with a shout and a giggle. (AP)



PHIL MCCARTEN/AP

Listen up, Britney — I'm a musical genre-buster just like you are.

TYPING

Writing Deep Purple Prose

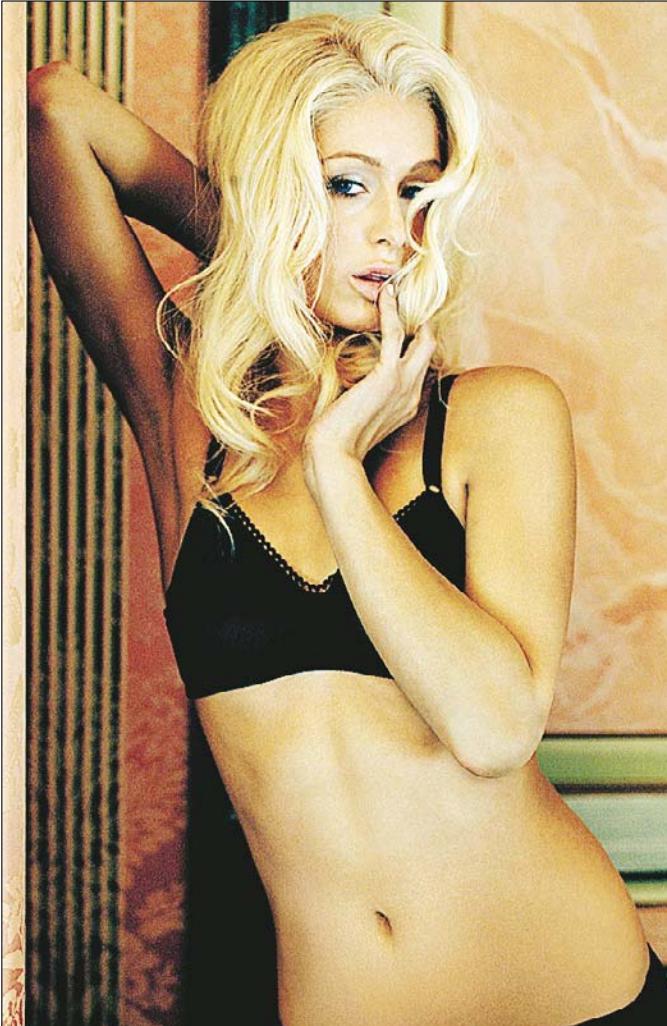
British singer and songwriter **IAN GILLAN**, helmsman for 1970s rock band Deep Purple, is trying his luck at a new

kind of writing: the novel. He told Reuters he had already lined up a publisher for his political thriller "Wessex." Currently on a solo tour of North America, the man best-known for penning "Smoke on the Water" claimed, "This is my one and only novel. This really is a labor of love." (EXPRESS)

STUMBLING

Rocker Who Wrecked Kate's Rep Still Wrecking His Good Looks

Babymobile frontman **PETE DOHERTY** has again pleaded guilty to drug possession. The ex-Libertine and Kate Moss' ex-boyfriend was charged with seven counts of possession, including crack cocaine and marijuana. Last month, the confessed drug addict canceled a concert in Ibiza, claiming he was going back to rehab. Before entering treatment, Doherty told reporters he wanted to have an anti-drug chemical device implanted in his abdomen. (EXPRESS)



MARCHOM/AP

REVEALING

A Real Modest Life

PARIS HILTON is no stranger to self-promotion. But when she asked DJs to play songs from her upcoming debut album, "Paris," last spring, she wasn't so confident. "People go crazy," the 25-year-old socialite/reality TV star/singer says in an interview in the September issue of Blender. "They love it. Everyone's like, 'Who is this?' I don't tell." Hilton's single, "Stars Are Blind," has climbed to the top of Billboard's dance music chart. (AP)



M.J. KIM/GETTY IMAGES

RESUSCITATED Even When Silent, Mick Attracts Our Rapt Attention

THE ROLLING STONES resumed their stalled, seemingly endless world tour Sunday in London. Mick Jagger, who canceled gigs last week in Spain due to laryngitis, showed no signs of illness as he strutted through songs like "Jumpin' Jack Flash." The band has been seen by 4.5 million fans on this tour. (EXPRESS)

REPRIMANDED

Famed Rapper Still Testing Out His Big Bang-Up Theory

BUSTARHYMES was arraigned Sunday in Manhattan on an assault charge a week after allegedly beating up a fan, Roberto Lebron. The supposed whomping reportedly took place in New York's Gramercy Park neighborhood after the rapper performed at the Amsterjam Music Festival. Lebron, who is said to have spit on the rapper's SUV, was treated for a concussion, split lip and wrist injury before being released. (EXPRESS)



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CRIME SCENE DO NOT IGNORE

HOLD OUR ELECTED OFFICIALS ACCOUNTABLE

IN TOO MANY PARTS OF PRINCE GEORGE'S COUNTY, OUR HOMES AND OUR FAMILIES ARE NO LONGER SAFE. Every year for four years, violent crime has risen in Prince George's County. Carjackings. Sexual assaults. Murders. Crimes of the most dangerous kind threaten our communities.

WHY? BECAUSE THE COUNTY HAS NOT HIRED ENOUGH POLICE OFFICERS. Statistics show that Prince George's County is more than 600 officers short of what is needed to adequately protect a population this size. The police are overworked and overwhelmed. And would-be criminals know it. It's time to step up.

IT'S TIME TO HOLD OUR ELECTED OFFICIALS ACCOUNTABLE. That's why concerned citizens and businesses, church and community groups, are all joining together and Steppin' Up to fight crime to keep our homes safe and our young people out of trouble.

EACH ONE OF US CAN FIGHT CRIME IN PRINCE GEORGE'S. Here's how:

- Keep an eye out in your community and report suspicious activity
- Become active in the lives of young people
- Hold our elected officials accountable

Find out more at steppinup.org. And don't forget to vote!



FOR CHANGE ON
SEPTEMBER 12

How are you Steppin' Up?
steppinup.org

**STEPPIN'
UP**
PEOPLE OF PRINCE GEORGE'S
WORKING AGAINST CRIME

fit

LOOKS

Smoothie Scrub



Keep the smell of summer in your skin with a pineapple papaya massage | **E7**

NUTRITION

Magnificent Seven



Here are simple rules to make sure your diet actually works this time | **E5**

express

EXERCISE, NUTRITION, WELLNESS AND MORE TO HELP YOU LOOK AND FEEL YOUR BEST | AUGUST 22-28, 2006

STRONG & SEXY

Get the ultimate bedroom body by pole dancing | **E4**

PLUS: Seminars to boost your skill in the sack | **E6**



GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



Putting off Work and Family Relationships

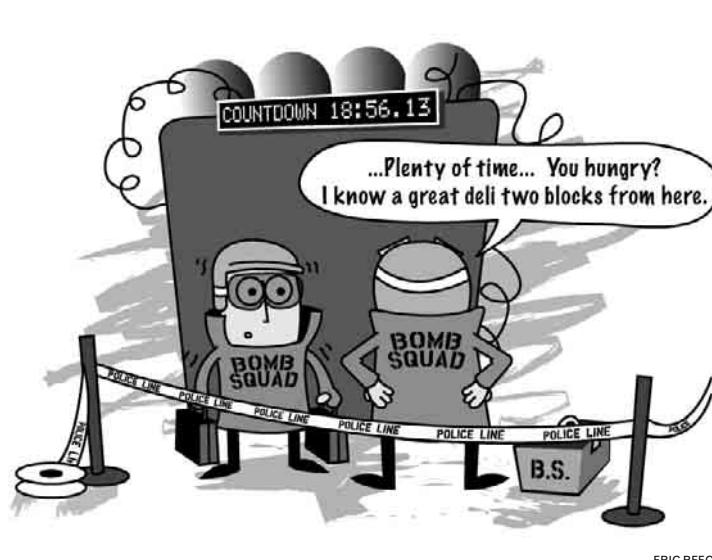
Q

I am in a real rut at work. It's not that I want to leave my job — it's that whenever

I have an intimidating project, I stall. I have always procrastinated. But when I have a huge project at work, it gets much worse. I typically get it done by deadline, but I've spent days and days avoiding it, feeling anxious, being completely unproductive and generally hating my workday. Is there a way to get over these bad habits? — DOWNTOWN DAWDLER

Hi, Dawdler. Sorry I took eight months to finish this answer!

For long-term remedies, you have to do some examining. You say the most intimidating tasks are also the most procrastination-heavy; perhaps perfectionism is partly to blame. How do you typically feel once you get the job done? Are you self-sabotaging, so that you'll have a ready-made



ERIC REECE

excuse to protect your self-esteem if your work is not well-regarded? ("Of course it stank; I wrote it up in only two hours.")

In the short-term, some jump-starting tips: Break ambiguous, blobby projects into small, finite and manageable tasks. Try the "five-minute rule" — promise to

work for five minutes only and then break; this makes getting over your mental blocks and getting down to business, usually the most intimidating part, easier. Build in frequent rewards. Pick your "best" time of day and focus on maximizing productivity then. Play bad cop and minimize distractions. And finally, get

rid of any all-or-none thinking. So you did nothing but read an "I Love Underoos" blog until 2 p.m.? The day's not all lost, but it will be if you get down on yourself and spend the next three hours doing nothing but feeling guilty.

Q

My father gave my brother a key to his house, and his wife abused this privilege.

This evil thief practically emptied two of my closets, including a valuable coat, jewelry, clothes and even handcrafted door fixtures, much of which is irreplaceable. This theft was without provocation, except for the fact that I stopped visiting their home. I worked with police on this case. My question is, how do I keep this thief away from my parents' house when they pass away?

—ANONYMOUS IN ALEXANDRIA

his cooperation in boundary-setting, and working toward a mutual respect and ideally a peaceful solution.

A few sessions of family counseling would be a wonderful idea, though I'm sure with his harboring

You just read an 'Underoos' blog all day, but don't get down on yourself.

an alleged criminal, that seems like a pigs-flying scenario.

If worse comes to worst, then indeed you and your sister should join forces to protect your parents' property when that time comes by taking up residence in their house, getting trusted friends to stand guard, or reinvolving the police. This sounds, however, like a family issue much deeper than hand-crafted door fixtures.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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TOP STOPS

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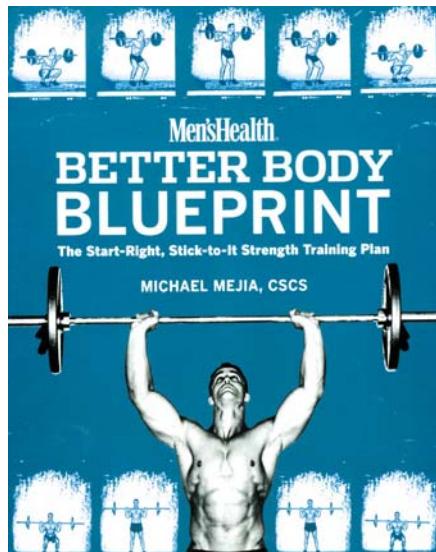
readexpress.com



Jackie Kicks Your Butt

JUMPING AROUND IN FRONT OF YOUR TV somehow seems totally cool when it involves mimicking Jackie Chan. With a XaviXPort (\$80) and the J-MAT (\$90, xavixstore.com), your living room turns into the streets of Hong Kong and you must run, duck, jump and kill ninjas by stomping on the pad. It's like Dance Dance Revolution but even more sweat-inducing, especially if you do it while gripping the included 2-pound hand weights.

NEW
IN HEALTH
warm ups



The Smart Musclehead

GUYS AREN'T BORN knowing how to exercise, but sometimes the male ego won't admit that. Michael Mejia's "Better Body Blueprint" (\$20, Rodale) is thick enough to match your testosterone, but gentle enough to hold your hand, whether you're learning how to lift properly for the first time or you're an ex-jock making a comeback. After studying the big photos showing proper form for exercises on machines and off, you'll swagger into your gym like Schwarzenegger.

Be Express' Next

Top Model



Little Mist Sunshine

COCA-COLA NEVER CURED headaches, but J.R. Watkins' Red Liniment (invented at about the same time in the mid-19th century) actually could make tired souls feel better, thanks to an all-natural blend of menthol and camphor. So it may not be as well-known as the soft drink, but it's still around. And now it's in a mist form as J.R. Watkins Apothecary Liniment Pain Relief Spray (\$6, Target and watkinsonline.com). You'll smell a bit like a lozenge, but the tingle that massages aching joints and muscles and wakes up tired bones is worth the odd scent.



Plum Does a Potty Good

KEEPING REGULAR, in the bathroom sense, has never been much fun for the diet—creepy powders, yucky prune juice. So as baby boomers realize they need to boost their fiber intake, Sunsweet is going after the younger customer with a younger fruit: the plum. PlumSmart Plum Juice Extra With Fiber (\$4) promises to prime your digestive system with, yes, fiber, as well as magnesium, potassium and more, and it does it with a taste that's kinda like pomegranate-apple. It'd be a great mixer too, although we guess that would detract from its healthiness.

PRODUCTS

GearHead



Keeping Your Cranium Cool

IN THIS TOWN, you'd have to have bike gears for brains if you didn't want to wear a helmet. But what to buy? One fact to put your mind at ease is that any helmet for sale—including the \$5 ones in the Wal-Mart bargain bin—has to meet certain safety standards. A lot of what you pay for with the fancy helmets are the vents, which increase air flow and can make a ride more comfortable. To do that, manufacturers have to take away padding, according to Randy Swert, director of the Arlington-based Bicycle Helmet Safety Institute. So your best bet may not be the most expensive Lance Armstrong-ready model. Swert also recommends choosing white or another bright color that's easy to spot for further protection. As for which model to buy, Swert suggests referring to the Consumer Reports test (which has the Bell Citi, above, dominating the field). And never buy a used helmet, because even if it looks perfect, the foam could have been compromised in an accident and you'd have no clue.

VICKY HALLETT (EXPRESS)

| THE EXPERTS

TrainReaction

Desk Damage

Q I think that my desk job is giving me bad posture, as I have rounded shoulders and my head seems to be moving forward. Can you explain what's going on?

If you have a sedentary career and sit at the computer a lot, you may be right. The human body is a machine designed to be used, not to sit around all day. Shoulders can round due to overuse of the anterior deltoids by typing and/or using your mouse for several hours every day. The posterior deltoids and rotator cuff become very weak, and these are muscles that would be used for keeping the arms externally rotated. The entire thoracic region of the spine weakens, creating a hunched position. The head normally sits on an atlas on top of a curved cervical spine.

After years of staring at the screen, the neck can straighten and the head comes forward. This is simply due to repetition, as your body adapts to the stimulus. My advice to correct these things in the gym is to focus on your weak areas. Avoid the bench press, front raises and biceps curls because you are in these positions all day. Instead, train your upper back, rear shoulder and triceps because you very rarely use these muscles on a daily basis.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.

VITAL STATS

24.9

THE MAXIMUM BODY MASS INDEX CATEGORIZED AS "NORMAL." RESEARCHERS NOW THINK THE BMI MEASURE IS FLAWED.

Goal of the Pole

At Xpose Fitness, women take off the pounds

Like any fitness instructor, Hope Goodacre starts off her class by guiding students through a warm-up. But the way she does it for "Pole Level I" is more like a steam-up. "Find your sexy strut," she commands the room of 20 women, who each comply by gripping their gold poles and casually sauntering around them.

It looks erotic, but to the women working it on a recent Saturday morning at the Xpose Fitness (xposefitness.com) in Arundel Mills, it's also exhausting. And that was what drove owner Anita Amon to open her first location in Towson in January 2005. "We're not a stripper school. This is exotic dance as a form of fitness," she explained.

To ensure a full-body workout, Amon recommends taking both kinds of classes offered at Xpose. "Floor/Chair" focuses on lower body, with lots of squats, plies and butt rolling ("It's sexified Pilates," explained Goodacre), while the pole classes strengthen the arms and core, especially when they delve into complicated spins and upside-down maneuvers.

Carmen Electra DVDs and similar classes in New York and Los Angeles have made women increasingly aware of the benefits of wrapping themselves around a pole and gyrating over a chair. Amon's first location struck a nerve, and she added the Arundel Mills gym this January. Three franchises will open in upcoming months, and an Xpose closer to D.C. is also in the works.

Donna Clevenger, like many of the students at Xpose, was just looking for something new to sample



MICHELLE REP/EXPRESS

two months ago. "I was trying to find something fitness-oriented I would continue going to. It's done that," said the 26-year-old, who drives an hour or more each way to get to class from Calvert County.

"It does have its home-life benefits, but that's not what it's about."

Although the instructors get into the language of strip clubs ("Think about some imaginary G-string play here," instructed Goodacre during

class), any talk of performing for anyone other than a student's partner is discouraged. "It's not sleazy, it's just fun," Clevenger said. But the women get into the role playing. At the end of each class, the teachers turn off the lights, turn on a disco ball and then lead their students through their routine in a setting that's pure "Royal Palace."

Students often wear six-inch heels, not just to look sexier, but to up

"It does have its home-life benefits, but that's not what it's about."

the level of their workout. Anything with a chunky heel and ankle strap will do, although most students opt for translucent plastic pumps or knee-high leather boots.

Anyone who doubts Xpose's fitness philosophy needs to take it up with Ruthie Luchessi, a 42-year-old bodybuilder and personal trainer who has become a devout student of erotic exercise. "Working with heavy weights makes me very stiff," she said. "This is making me more flexible and graceful."

And even with bulging biceps, triceps and any other muscle you can imagine, Luchessi said that even she has to work on the strength necessary to do more complex pole work: "After my first two classes, I could barely move." She's encouraged her clients to tag along, and she's even thinking about opening her own franchise.

Amon — who has seen students, doctors and even 70-year-olds pass through her doors in the past two years — can't imagine this is just a passing fad. "You can't put a price tag on how you make women feel," she said. VICKY HALLETT (EXPRESS)

running for mayor

■ Marie Johns

WALKING DOOR TO DOOR campaigning for mayor is getting Marie Johns some decent cardio, but the "different.real.better!" candidate wishes she had a little more time for her other favored active pursuits. One thing she has made sure not to cut out of her routine, though, is prayer. "It's good for overall wellness," she said. v.h.



"I walk early in the morning now. That's about all I have time to do. I live in an area with lots of hills."

"I also do a lot of walking going door to door, and that's exercise too."

"My favorite was spinning because I love the music and I like bike riding period. I'll be the mayor who spins. But I haven't been able to go."

"The challenge of the campaign is balance. There are a lot of early mornings and late nights and I find myself eating too late."

"When my schedule is less frenetic, I enjoy cooking and preparing healthy meals. Sometimes simply grilled fish, or, I'm a carnivore, so a grilled steak, and a salad with my own vinaigrette is the best possible meal."

The Distilled Diet

Seven rules for making weight loss work for you

You can't lose weight without a diet. But the more tailored it is to you, the better it will work.

1 You must cut calories

The low-fat/low-carb debate comes down to this: You still have to eat fewer calories than you burn if you want to lose weight. The perfect weight-loss diet is the one you can live with, whether you cut fat, carbs or some combination.

2 Use whey to cut waist

Protein-rich foods put more distance between hunger pangs. And the fuller you feel between meals, the easier it is to avoid binges. The best food for appetite destruction: whey protein. A daily shake made with two scoops of whey protein, fruit (fresh or frozen berries or a banana), and water or crushed ice will improve your middle line.

3 Meat kills fat

When you eat, your body has to expend calories to digest the food. Protein causes this inner fire to burn the hottest, followed by carbs, followed by fat. Animal proteins increase thermogenesis more than vegetable proteins, so the best calorie-burning foods are lean meats.

4 Love the BCAA

Amino acids are the building blocks of protein, and the branched-chain amino acids — leucine, isoleucine and valine — are the best of the bunch. BCAs are as close to magic foods as we'll ever get. They help you recover from hard workouts by reducing the protein breakdown within your muscles, and they increase testosterone and growth hormone, your body's most important fat-fighting and muscle-building hormones.

Try to get at least 10 grams of BCAs a day. Since they're most abundant in meat and dairy products, you can get the better part of that by following laws 2 and 3. (Two scoops of whey protein and 3 ounces of beef contain 10 grams of BCAs.) You can also buy BCAA supplements.



REMEMBER THE BASICS

The best plan is likely to include these elements:

- Meals and snacks are based on some lean-protein source — fish, eggs, dairy, meat.
- More meals are better than fewer. Five or six meals a day is ideal.
- Low- and high-fat diets can both work, but one that cuts almost all fat is doomed.
- Nobody ever became obese from eating the best carbohydrates — fruits, vegetables and whole grains. And nobody ever died from skipping potatoes, pasta, rice, popcorn and Wonder Bread.

5 If it's fryin', you're dyin'

Among the many sins of Mountain Dew and Twinkies is the way they cause your blood sugar to spike soon after eating. Now we know of a way to make refined carbohydrates even worse: fry them.

Researchers have found a suspected carcinogen called acrylamide in such products as potato chips and french fries.

6 Go farther with fiber

Fiber's effect is the opposite of snack foods'. When you have fiber in your tummy, food takes longer to enter the bloodstream, and your blood-sugar level stays steady. You'll have a more consistent energy supply and less between-meal hunger.

7 Use omega-3 fats

Omega-3 polyunsaturated fats, which are found in fish, nuts, seeds, and flaxseed and fish oils, boast health benefits (less risk of heart disease and diabetes). And they contribute to a better physique, as well, by reducing inflammation throughout your body, which helps you recover faster from workouts. (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

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| STUDIES

Stethoscope

Mug of Heart Attack

■ The latest on coffee: It's bad for you again. Researchers at the Department of Community Health at Brown and the Harvard School of Public Health have linked the light consumption of coffee to first, nonfatal heart attacks in people who are in groups already at risk for heart attacks (that's like people who smoke, have high cholesterol or are obese). But wait: If you drink a lot of coffee, you are immune to this problem. So maybe that means coffee is good for you again? We're not sure.



Well, Hello, Yellow!

■ Corn, on the other hand, is pretty much always super-good for you (except when slathered in too much butter and salt). Now it's even better, as a University of Wisconsin study suggests that yellow pigments in vegetables (including corn and squash) and other foods (including egg yolks, broccoli and peas) that are rich in carotenoids can help women younger than 75 curb age-related eyesight loss.

Brush With Bad Breath

■ So you skip flossing, but you brush religiously and you figure you're just fine, right? Except that you're wrong and you may have bad breath. A study in the current issue of the Journal of Periodontology divided 51 sets of twins into two groups. The ones who brushed and flossed had better breath and less gum bleeding. The folks who refrained from flossing for two weeks developed bloodier gums.

Sex Ed for Grown-Ups

New Adams Morgan seminars aim to please with adult material

The tip-off that this wasn't just any gaggle of gal pals lounging in the back of Nolan's in Adams Morgan: the sex toy sitting on the table beside them. "Mr. Reliable," as instructor Emily Nagoski called her teaching tool, was there to help her instruct the group on the finer points of performing oral sex.

All of this would have seemed completely sketchy if it weren't for the fact that the bespectacled Nagoski looked like a stereotypical small-town librarian. Oh, and she spoke with the authority of someone who had received a Ph.D. in Health Behavior and Human Sexuality from Indiana University and had spent three years teaching through the famed Kinsey Institute.

Thanks to MoxieintheCity.net, a site devoted to organizing social events, she's ditched academia. Now she's going to help the general public unlock the mysteries of the bedroom. She debuted her services earlier this month with classes on fellatio and cunnilingus. (Next month: more fellatio and the Kama Sutra.)

"What are the challenges of oral sex?" she began, querying the eight ladies sipping cocktails. They suggested answers like "jaw aching" and "gag reflex." And those are issues Nagoski addressed during the hour-and-a-half session. But she also tutored her charges in getting more comfortable with male anatomy and understanding various techniques that could improve the



experience for both partners. The vibe was technical, but casual, with plenty of jokes mixed in. "The only way to get this information across is with humor," she said.

Case in point: For the guys, instead of Mr. Reliable, Nagoski pulled out Ida, a puppet vulva made of velvet and satin. "It's so nonthreatening and friendly," she explained. Like the women, the four men who showed up at another recent seminar looked a tad nervous at the beginning. But soon they were dishing about how to get women in the mood.

"I have a friend who says the most erotic thing you can do is the dishes," Nagoski told them — before

"I have a friend who says the most erotic thing you can do is the dishes."

noting how every part of the body is an erogenous zone.

Although information about sex lurks just about everywhere these days, Nagoski says the benefit of a program like this is that you can ask a reliable source your

specific question and get immediate answers. So when the women wanted to know if using an Altoid would give their performance a kick, she told them yes. When the men asked about the best lubricants, she wholeheartedly recommended silicone-based Eros.

Even though there were plenty of laughs and titters, the students took the information quite seriously.

"Sexual training is like training to run a marathon," Nagoski said, and after class, it seemed many were ready to strap on their sneakers and go for a jog. (One woman's boyfriend was even waiting in the front of the bar for her.)

For students in a relationship, the advice promised a needed boost. One woman, who has been with her husband for 22 years — since high school — seemed particularly appreciative: "When you've been with someone a long time, things get routine. And I never had a learning curve. Sometimes it's like we're two 15-year-olds having sex."

And for students happily in singlehood, it's guidance that could come in handy at any moment. "It's not unlike me to sign up for a random class, cooking, whatever," said a 27-year-old man. Nagoski's lessons have to be just as useful. VICKY HALLETT AND MATTHEW QUIRK (EXPRESS)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have uncontrollable hiccups? Have you lost your sense of taste on just one side of your tongue? Does the world seem tilted, and maintaining balance is, therefore, difficult? Have you recently had a stroke? You may have **WALLENBERG'S SYNDROME**, a condition caused by a stroke in the brain stem. Depending on which symptoms arise, treatment may include a feeding tube to help with swallowing, speech therapy and pain medication. Some people with Wallenberg's syndrome see their symptoms resolve within a few weeks or months, although others may experience symptoms for years.

SOURCE: NATIONAL INSTITUTES OF HEALTH. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

| THE EXPERTS

SkinDeep



Shades of Tan

Q Should people of color wear sunscreen? My family members have never worn sunscreen and haven't had any issues with sunburn or skin cancer.

You're blessed if you come from a family that seems unaffected by sun, but Fairfax-based dermatologist Brenda Dintiman said, "Sun has an aging effect no matter how old you are or what color your skin is. We see people with a lot of sun damage and uneven pigmentation because they didn't use sunscreen." And you might not burn at the ripe ol' age of 20, but that may change as people grow more vulnerable as they age, especially with certain medications.

Blotchy skin is nothing compared with melanoma. Skin cancer is more deadly in people of color because their pigmentation may hide the signs. In fact, African-Americans are three times more likely than Caucasians to be diagnosed with advanced skin cancer, and Hispanics are twice as likely. Bottom line: Forget the heredity factor and slather on the SPF.

LYNN THORNE

Want us to ask a dermatologist your skin question? Send your query to skindeep@readexpress.com.

VITAL STATS

29.1

PERCENT OF ALL BIRTHS THAT ARE DELIVERED BY CAESAREAN SECTION IN THE U.S. THE PROCEDURE IS AT AN ALL-TIME HIGH.

Tropical Getaway

New spa scrub leaves you smelling like sunshine

It's tough to admit that summer is ending. Strappy sandals are giving way to suede boots, while the camisoles get stored in favor of sweaters. Still, Splash, the spa at the Sports Club/LA, is offering the new Pineapple Papaya Punch, a treatment that scrubs you up, chills you out and gives you a tropical aura that lasts all day long and into the evening.

PHILOSOPHY: Scrubs made of papaya and pineapple — both of which have natural exfoliants — are used to get rid of dead skin; a hydrating lotion and a quick steam in a blanket leave skin super-smooth.

PROCEDURE: Arrive at the club, which contains a salon, the spa, a cafe, a basketball court and probably some exercise-related equipment somewhere. The locker rooms feel more gym-like than spa-y; however, that's not necessarily a bad thing. There's loads of space, private lockers, plasma TVs and lots of mirrors for any post-treatment repairs. It's a nice change from frilly opulence and New Age music. You feel a little less pampered than at other spas, but you also don't feel like



COURTESY OF SPORTS CLUB/LA

Bliss Out

The Sports Club/LA Splash; 1170 22nd St., NW. 202-974-6600; Metro: Foggy Bottom. [Thesportsclubla.com](http://thesportsclubla.com). Price: \$130-\$145; Duration: 50 minutes

you have to whisper. After a quick stop in the relaxation room, where magazines and cucumber water await, a staffer comes in and goes over a medical

form — there's a rise in body temperature, so it could be dangerous for women who are pregnant or have other medical conditions.

Then it's into the treatment

room. This treatment is best done stark naked, although staff will work around any clothing you'd prefer to leave on. The scrub itself is invigorating without being harsh: It was more like a good back scratch than sandpaper. After your back, upper chest and all your various extremities are rubbed down, you'll get a soothing counter-effect from a liberally applied coconut lotion. Then, you're wrapped in a blanket (just a blanket — not one of those cellophane body wraps) and, while you're face-up, you get a shoulder and neck massage that makes you forget that you're naked on a table, must go back to work soon — or even that you do, in fact, have a job. The massage is over far too quickly, after which you're unwrapped and are encouraged to use the gym's sauna to further turn into a puddle of relaxed, smoothie-esque goo.

OUTCOME: The combination of vigor and vegging out leaves you mentally on another planet. And unlike a traditional massage, in which the stimulation can get old after a while, the juxtaposition of the two different sensations kept the treatment invigorating throughout. Skin didn't feel oily or greasy, just nourished and cared-for, and the faint whiff of pina colada scent lasted well into the evening, even though the treatment was at 9:30 a.m. Smelling like a beach vacation can make a humdrum day go by a little faster.

KRISTEN PAGE-KIRBY (EXPRESS)

The Best Bets for Skin Care Savings

Potent potions, luxurious lotions and magnificent mists don't have to break the bank.

We scoured the world of bargain skin care products to select which ones are truly worth the big bucks — although, luckily, all of these finds will cost you less than \$10. But you'll look like a million bucks.

→ Our Pick: Earth Therapeutics Rejuvenal-C Orange Eye Pads (\$6, ulta.com)

WHY WE LOVE IT: These refreshing "orange" slices give peepers a pick-me-up while green tea and chamomile help reduce puffiness.

→ Our Pick: N.Y.C. New York Color Eye Soothing, Firming Eye Gel (\$5, drugstores)

WHY WE LOVE IT: A skin-softening blend of algae, aloe and chamomile that treats the delicate under-eye area with TLC.

→ Our Pick: Nivea Visage Simply Glowing Moisturizer (\$9, drugstores)

WHY WE LOVE IT: This lightweight lotion packs nourishing vitamin C and apricot extract, plus a hint of light-reflecting glow.



→ Our Pick: L'Oréal Paris Nutri-Pure Soothing Toner (\$6, drugstores)

WHY WE LOVE IT: An alcohol-free, glycerin-rich tonic that lifts away pore-plugging dirt and oil without stripping skin.

→ Our Pick: Burt's Bees Carrot Seed Oil Complexion Mist (\$9.50, drugstores)

WHY WE LOVE IT: This hydrating cocktail quenches dry, thirsty complexions, thanks to carrot-seed and rose oils.

→ Our Pick: Clean & Clear Morning Burst Facial Cleanser (\$6, drugstores)

WHY WE LOVE IT: Tiny beads polish skin while the invigorating scent of citrus revs up your routine. REBEKAH GEORGE (REPRINTED WITH PERMISSION FROM PREVENTION MAGAZINE © RODALE INC.)



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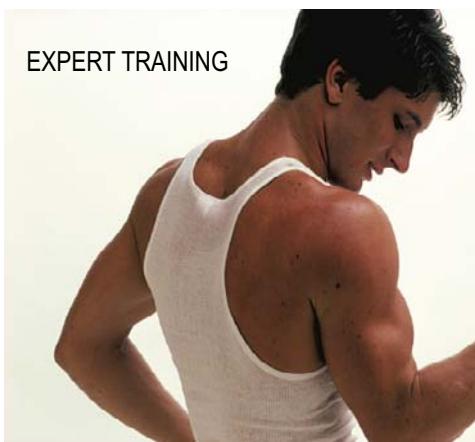
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